

The Cowl

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Men's Lacrosse: Road to Redemption

After Abrupt End in 2020, Friars Aim to Pick up Where They Left off



Tim Hinrichs '20GS, one of the team's six captains this year, was named to the Preseason All-Big East Team on Feb. 9, 2021.

PHOTO COURTESY OF PROVIDENCE COLLEGE ATHLETICS.

by Liam Tormey '22
Asst. Sports Editor
MEN'S LACROSSE

In 2020, the Providence College Men's Lacrosse Team started the season 5-1. Wins against Boston University, the College of the Holy Cross, and a 13-12 victory in the Ocean State Cup over Brown University seemingly marked the start of a fantastic season. But then, COVID-19 struck.

Head coach Chris Gabrielli admitted to how crushing it was to have the season cut short when his team was just getting started. "It was devastating, it was one hundred percent devastating," Gabrielli said. "We were playing well in all phases." He lamented, "Any end to the season is brutal, but to end in mid-March so abruptly was tough."

Heading into a 2021 season still marked with difficulties, Gabrielli can take some solace in the NCAA's

decision to allow for an extra year of eligibility for any player who missed out on last season. The decision gave Gabrielli, his coaching staff, and his players an idea of what things would look like this year. "I'm thankful for all the people on campus who have helped in making this process for myself and my players easier."

Eight of the 11 seniors from last season took advantage of this opportunity and will be returning. It was a long process, but Gabrielli tirelessly pulled out all the stops to make sure his graduated seniors were prepared: from getting information for them about PC's MBA program to helping them sign up for the Graduate Management Admission Test. The process was made more difficult by the fact that many of the seniors already had jobs or were accepted to other graduate programs. However, in the end, a key group of players will be returning.

Men's Lacrosse/Page 14

Road to Recovery Hits Speed Bump

Spike in COVID Cases Raises Concern on Campus

by Eileen Cooney '23
News Staff
COVID-19

A dip in the number of reported coronavirus cases across the country in recent days has compelled some states, including Rhode Island and Massachusetts, to ease up some restrictions. Rhode Island recently lifted its curfew for restaurants and bars, and Massachusetts announced a plan to allow restaurants and other indoor businesses to operate at higher capacity.

Additionally, Rhode Island has announced the closure of the Dunkin' Donuts Center testing site and its transformation into a state-run vaccination site. This is part of the state's efforts to ramp up vaccinations and to move the process along so that a majority of its population can get vaccinated.

On campus, however, the number of reported COVID-19 cases among Providence College students has remained high over the past few days. As of Feb. 3, there are 89 students in isolation and 121 students in quarantine. As of Feb. 9, PC's positivity rate is 2.27 which is slightly below the Rhode Island state positivity rate of 2.7%. While the number of students testing positive looks higher this semester compared to last, an email from



PHOTO COURTESY OF PROVIDENCE COLLEGE

As cases began to rise, the College announced that it would move to test students twice per week instead of once.

the College's continuity task force sent out last Wednesday stressed the need to take this data seriously.

This semester, students are being tested much more frequently, and we are in an environment where the virus is much more widespread in the surrounding community.

Coronavirus/Page 2

Black Girl Magic

Dr. Smith-Purviance on PC's New Outreach and Mentorship Program

by Hannah Langley '21
News Co-Editor
LISTENING TOUR

This article is part of The Cowl's Listening Tour, a series that aims to amplify the voices of BIPOC members of our community and bring awareness to social justice initiatives on campus.

When Dr. Ashley Smith-Purviance, assistant professor of Black studies and of public and community service studies, came to Providence College this year, she knew she wanted to begin a community outreach program for young Black girls in the Providence community. With the help of a \$15,000 grant from the Nellie May Educational Foundation, she was able to begin her Black Girl Magic program at PC, giving PC students the opportunity to mentor Black girls in middle school.

Before coming to PC in 2020, Smith-Purviance was a student at the University of Wisconsin-Madison, where she taught educational policy studies and gender and women studies courses and received her doctorate. During her time in school, Smith-Purviance realized that

she had a strong desire to help young Black students, specifically girls and young women. It was in Madison, WI that Smith-Purviance began her first Black Girl Magic program.

Similar to the program she began in Wisconsin, the Black Girl Magic program at PC is an after-school program in which Black middle school girls meet with four PC students who act as mentors to the girls. During these meetings, the girls engage in a variety of ice-breakers, crafts, and other activities, said Brittney Smith '22, a marketing major and Black studies minor, who is one of this year's mentors.


Listening Tour/Page 3




UNDER THE HOOD

Providence College's Student-Run Newspaper Since 1935

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Check out Portfolio's Annual Valentine's Day Insert!



Milestone Moment for PC Landmark *St. Dom's Celebrates 20-Year Anniversary*

by Kyle Burgess '21
News Co-Editor

CAMPUS

Providence College President Father Kenneth Sicard, O.P., celebrated a special Mass on Feb. 2 as one of PC's most iconic landmarks celebrated its 20th anniversary. St. Dominic Chapel, more commonly referred to as St. Dom's by members of the PC community, has quickly become ingrained in the college experiences of many PC students since being erected in 2001. Over the years, the chapel has hosted many milestone occasions and other events, from the popular "Last Chance Masses" on Sunday nights and subsequent post-Mass bash socials, to senior ring blessings, and even confirmations and weddings for alumni.

St. Dom's also serves as headquarters for the many social and spiritual activities that Friars partake in during their time on campus. Programs such as Habitat for Humanity and Faithworks allow students to become involved in serving the local Providence community. Other programs such as Campus Ministry's many student retreats are unique opportunities for classmates to connect with one another about their college experiences while also strengthening their Catholic faith together.

"Campus Ministry allows students to grow in faith and work toward building the Beloved Community here at PC," explained Cam McCauley '21. "It's a continuing and collaborative process." McCauley currently serves as the president of Campus Ministry, having first been introduced to the organization during her freshman year



PHOTO COURTESY OF PROVIDENCE COLLEGE PINTEREST.

St. Dominic Chapel has been used for a variety of purposes since its construction in 2001.

through Habitat for Humanity. She went on to join the club in a leadership role as an English as a second language student minister during her junior year, combining her Spanish major and passion for her faith to help serve others.

McCauley considers this ability to give back to the PC community and Providence community at large as the most rewarding aspect of joining Campus Ministry. "I'm very grateful for the Camp Min community and the experiences I've shared with them, but the most rewarding part has been serving others in the community and around campus. I love collaborating with other clubs and meeting new students as well as offering opportunities that serve our brothers and sisters in the community."

She is also thankful for St. Dom's Chapel, as it has served as an important resource to her during her spiritual journey at PC. "My favorite memories at St. Dom's include 10 [p.m.] Mass and Adoration over the years," said

McCauley. "I've had a lot of special moments at Mass and Adoration and am very grateful to have the chapel as a safe place on campus."

Other members of Campus Ministry share McCauley's appreciation for both the faith community that calls St. Dom's home and the opportunity to serve others. Father Peter Martyr Yungwirth, O.P., first arrived at PC in January 2015 before becoming the school's head chaplain and director of Campus Ministry a year later. "As the chaplain, I oversee the liturgical life of the campus as well as work on a number of different committees, many of which are with Student Affairs," he explained. "There is always a chaplain on-call, 24/7/365. So along with the associate and assistant chaplains, we always make sure to have someone available in case of an emergency."

Additionally, Fr. Yungwirth oversees both the Campus Ministry staff and Campus Ministry Leadership in the

various things that they do, including Peer Ministry, retreats, local and global service, faith formation, and worship. "It's a blessing to work with so many amazing staff and student leaders," he added.

Similar to McCauley, Fr. Yungwirth has taken great pride in helping others both in building their faith and their relationships with one another. "The most rewarding aspect of being a part of Camp Min is the connection to a community, both divine and human. Camp Min offers so many opportunities to grow in friends and communion with God, and that's its ultimate goal. At the same time, often we are drawn to God by others, and so the community of friends that we establish on Earth has a dignity and importance that finds its own purpose in building up that communion between all of us and God."

For Fr. Yungwirth, St. Dom's is a place where students can further strengthen the bonds between each other and with God. "I've loved being able to sit with students in different meetings or in the confessional and help them to see how the Lord is speaking to them in their lives. It's such a blessing to see God's grace actively at work in so many students," he stated.

For those hoping to get involved with Campus Ministry this semester, be sure to look out for their table at the Involvement Fair on Saturday, Feb. 13. Campus Ministry will also be hosting a variety of different events around Mardi Gras, Ash Wednesday, and St. Patrick's Day; a memorial wall for those who died of COVID-19; a week to remember persecuted Christians in Iraq; and the Rite of Christian Initiation of Adults Mass on Sunday, April 25.

As Cases Rise, PC Works to Avoid Second Outbreak Coronavirus

Continued from front page

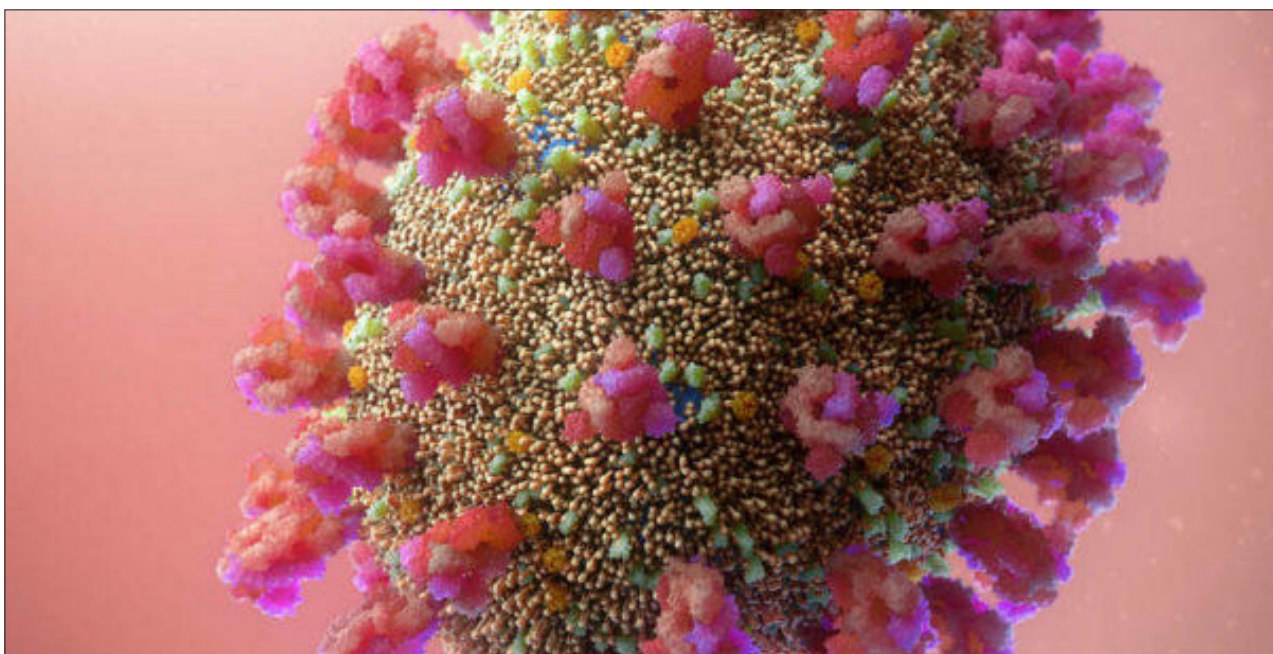
Additionally, a number of the positive cases reported each day are from students who are already in quarantine as close contacts. Clearly, this subset of individuals is a group that has a higher probability of testing positive due to their status as close contacts, and most of these individuals had already been removed from the population by the time of their test.

Despite this relatively positive news, the College is still warning students to remain vigilant. The Office of Public Safety and Community Standards sent out an email on Feb. 6 warning students that they were aware of the reported behavior in violation of the student code of conduct that seems to be exacerbating the spread of the virus.

Public Safety again warned students of the consequences of their actions. Public Safety's concerns are certainly not unfounded—on Feb. 8 and 9, PC reported 34 and 33 new cases, respectively.

The College also announced its plan to test students twice weekly instead of just once. The effects of this plan remain to be seen in the coming weeks.

Despite this, PC students remain resilient and determined to make the most of this rather strange semester. This winter, the College's Office of Student Activities invested in fire pits to be placed on Slavin lawn. The fire pits seat up to six people and can be reserved for one-hour time blocks on Friday, Saturday, and Sunday nights from 4 p.m.–



Despite case numbers decreasing across the state, PC's numbers have only gone up.

PHOTO COURTESY OF KALW.ORG

midnight. Students can reserve them with their pods to safely and warmly enjoy a nice meal or banter session with friends.

On Friday and Saturday nights, students can be seen gathered around the fires with masks on, grateful for the opportunity to be on this beautiful campus. Additionally, the Office of Student Activities has reserved food trucks for every weekend this semester. Last weekend featured Ming's Asian Street Food truck. These have been a major hit among students.

Gracie Cleaver '23 says, "I love the new food

truck Fridays. They are a great and safe way to get out of your dorm and enjoy some good food with friends. I'm really happy and appreciative that the College has invested so much time, money, and thought into resources for students during this very difficult time." Although this semester has seen an unprecedented number of changes to daily life for students, the College's commitment to its students' well-being remains strong. The College is working hard and will need the support of the student body to avoid the same kind of outbreak that put a pause on the fall semester.

Empowering the Next Generation of Young Black Girls

Dr. Smith-Purviance Begins Black Girl Magic Program

Listening Tour

Continued from front page

“We try to tie in small lessons or things for the girls to think about while still keeping it fun and engaging,” said Smith.

Due to the ongoing COVID-19 pandemic, the Black Girl Magic program has been held virtually so far. While there have been challenges engaging with the girls sometimes over Zoom, Smith-Purviance and the mentors try their best to make the girls comfortable. They noted how many of the girls do not put their cameras on during the meetings, but Smith-Purviance and the mentors want to emphasize that they are beautiful just as they are and try to grow confidence within them.

Smith found out about the program when she received the email from the Black studies program about becoming a mentor and part of the program. She immediately knew she wanted to get involved. “I’m just so happy a program like this is here,” said Smith. As a Black student at PC, she noted, “There was no way I could be here and sit out on this.”

She hopes that a program like this will also help build a stronger connection between PC and the greater Providence communities. “There are people on this campus that are dedicated to seeing PC grow and give back to the community,” Smith said, and she hopes a program like this will exemplify that idea.

The other mentors include Kim Hussey ’24, Jennifer Merandisse ’24, and Brianna Harper ’22. Along with Smith, these four women have been mentors since the program’s founding in



PHOTO COURTESY OF DR. ASHLEY SMITH-PURVIANCE

Dr. Smith-Purviance hopes to make a positive impact in the local Providence community.

November and plan on continuing to work with the middle school girls throughout this semester.

When asked why she became part of the program, Harper responded, “I got involved because I believe it’s important to teach young Black girls the positives of being Black.” She continued, “We want to make sure they understand

Black is beautiful!”

As mentioned, the current virtual platform for the program has made building connections with some of the girls more difficult, but they are all working towards making the girls more comfortable with each meeting. “Not all the girls know each other yet,” said Hussey. “It can be scary talking to college kids in front of other kids in your school, and we understand why they are nervous.” Smith noted that while she knows many of the girls are uncomfortable, she wants them to learn and know that they can turn to any of the mentors, including herself, for help and support.

Right now, the program consists of over a dozen middle school girls from Gilbert Stuart Middle School in Providence, but Smith-Purviance is currently working towards expanding the program to more local middle schools.

Smith-Purviance also hopes that the current and future mentors will use their experience in the program to make it their own and carry the lessons they learn with them in the future. She looks forward to working with the current mentors, as well as bringing new mentors into the program.

Not only does Smith-Purviance want the mentors and young girls in her program to learn from this experience, but she also wants to spread this entrepreneurial spirit to all PC students. Beginning next fall, Smith-Purviance plans on teaching a class focused on creating programs that build community relations through the lens of Black girlhood and appropriately and properly working with students of color.

Both Smith-Purviance and the current mentors of the Black Girl Magic program have high hopes for the future of the program at PC and hope that it will continue to build in the years to come.

Featured Friar: Malik Washington ’21

Finding a Home Away From Home in Friartown

by Sydeny Olinger ’23
News Staff

FEATURED

As senior class president, Malik Washington ’21 is truly following his dream to be a voice for the Providence College and greater Providence communities. Beyond this, what is most important to Washington are the opportunities and achievements he has had as a first-generation college student.

Originally from Washington, D.C., Washington states that he immediately fell in love with PC after attending the “Night in Friartown” event while he was in high school. Father Jordan Kelly, O.P., a resident priest and director of campus ministry at Archbishop Carroll High School, was another inspiration in Washington’s decision to join the Friar Family. If not for Kelly, Washington would have most likely attended a local college near his home. “For my entire life, all I came to know was D.C.,” he explained. “[Fr. Kelly] worked in peer ministry and encouraged me to look beyond the city. When college admissions rolled around, he helped me throughout the entire process.”

Washington is a political science and history double major at PC. He is grateful to the PC community for helping him to come out of his shell and for providing him with the opportunity to become a leader.

Given that he is not from New England, where most of PC’s student body is from, Washington admits

that it was difficult for him to adjust to college life at first. However, he is grateful to the Faithworks pre-orientation program and the Horizons retreat for making the transition easier and quite the memorable experience.

Serving as the president of the Pre-Law Society also allows Washington to pursue his passion for legislation and to showcase his natural leadership abilities. One of Washington’s proudest accomplishments at PC, though, was when his peers elected him to serve as their class president.

“As a first-generation college student, a degree is an opportunity to not only recognize my work but my family’s sacrifices for me to get where I am”

He credits the PC class of 2021 as the reason for making his college experience unforgettable with their endless support and friendship over the past four years. He is appreciative of the encouragement from his class, but he is especially grateful for his friend and personal campaign manager, Matthew Reardon ’21. Reardon worked with Washington to develop campaign videos during the election which were, evidently,

successful.

“Entering college, I did not envision such an opportunity for myself as I was just focused on making it to graduation—the most important thing for my family,” stated Washington.

Now, as president of the class of 2021, Washington’s primary focus has been ensuring that he and his classmates are able to enjoy their final year together safely. In the fall, Washington was able to work with other members of Student Congress to coordinate a senior class toast via Zoom. Seniors who registered for the event received personalized class of 2021 glasses and heard a personal speech from men’s basketball coach Ed Cooley and College president, Father Kenneth Sicard, O.P.

In addition to recommending speakers and introducing possible proposals for a COVID-19-safe commencement ceremony, Washington has also spent much of this academic year brainstorming senior activities for the end of the spring semester. “We are currently planning events to make up for our school traditions that we could not partake in due to COVID-19,” he shared. “I am working closely with the administration to hopefully have some form of senior week.”

Following graduation in May, Washington plans to attend law school. He ultimately hopes to find success in his career in order to inspire children in his community back home to follow in his footsteps, in a way, and to pursue their own dreams, despite being a first-generation

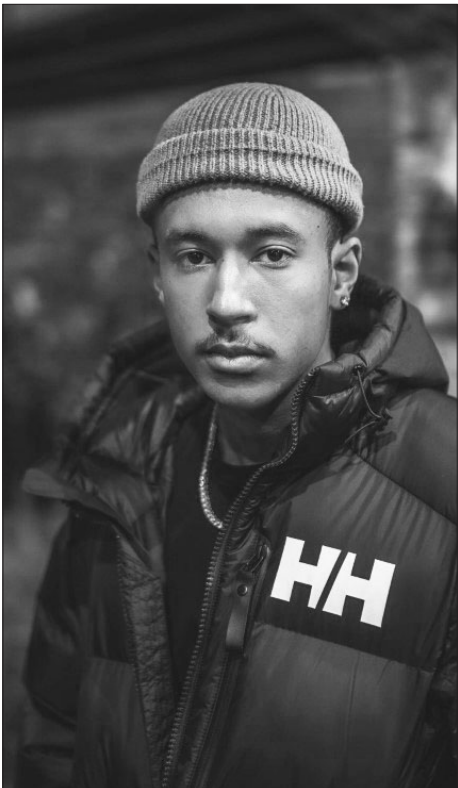


PHOTO COURTESY OF MALIK WASHINGTON '21

Washington knows he made the right choice when he decided to call PC his new home.

college student.

“As a first-generation college student, a degree is an opportunity to not recognize my work but my family’s sacrifices for me to get where I am,” said Washington.

As was the case for many generations of PC students before him, Washington states that 1 Cunningham Square will forever be his second home, and that the Friar Family will forever be his second family.

Welcome, Folks, to the Biden Administration

A Closer Look at the First 100 Days in Office

by Katherine Morrissey '22
News Staff

NATIONAL NEWS

Joseph Biden, Jr., ran a successful campaign grounded on a platform that aligned itself with the Democratic Party’s core beliefs, ultimately resulting in his inauguration as the 46th president of the United States.

The significance of an administration’s first 100 days in office dates back to the incredible feats accomplished by President Franklin D. Roosevelt at the start of his presidency in 1933. In the wake of the Great Depression, Roosevelt inherited a country in economic tatters with nearly a quarter of the nation unemployed following the stock market crash of late 1929. However, Roosevelt did not let the circumstances delay implementing his progressive agenda to help combat the economic and social effects of the Great Depression through the passage of 15 bills.

After being sworn in on Jan. 20, President Biden inherited a United States in a period of distress, much like President Roosevelt did in 1933. However, many would argue that President Biden has perhaps inherited circumstances that are far more unprecedented.

Within the last year, according to the New York Times, over 400,000 Americans have lost their lives during the nation’s struggle to combat the COVID-19 pandemic. Additionally, the pandemic has had detrimental effects on the country’s economic performance.

According to the Bureau of Economic Analysis, the United States experienced two consecutive quarters of decline in gross domestic product, indicative of a recession. Furthermore, it recorded a decrease



PHOTO COURTESY OF PIXNIO.COM

No honeymoon period is expected for President Biden as he guides the nation through turmoil.

of 9.1 percent in the second quarter of 2020. This marked the country’s starkest quarterly drop of economic output in recorded history—quarterly GDP has been recorded since 1947 and has never exceeded a drop of more than three percent throughout various recessions.

Given that the nation is faced with such dire circumstances as a result of the ongoing pandemic, a large part of President Biden’s agenda for the beginning of his administration involves taking swift action to combat the ongoing public health and economic crises. While President Biden has made significant promises to combat COVID-19, he also plans to make good on other pledges he made during his campaign regarding other key issues. For example, he has promised to send a bill to Congress which would be for “legislative immigration reform that will modernize our immigration system and give nearly 11 million undocumented immigrants a roadmap to citizenship.”

In regard to the climate and environmental concerns of the country, President Biden promised to sign two

executive orders. The first will create a plan to reach a one hundred percent clean energy economy and net-zero emissions by 2050. The next would look “to conserve 30% of America’s lands and waters by 2030.”

On the note of civil rights, President Biden promised to repeal the Trump-era military ban on transgender individuals and restore the protections and provisions of the Obama administration concerning transgender rights.

Additionally, President Biden signed executive orders that included rejoining the Paris Climate Agreement, launching a “100 day mask challenge,” extending student loan pause, launching a Whole-of-Government Initiative to Advance Racial Equity, halting construction of the southern border wall, restoring protection of DREAMers, reversing the Muslim ban, and ensuring worker protections by mandating that employees follow CDC guidelines.

While many frequently criticize Biden for his centrist or moderate beliefs amongst his Democratic constituents, these actions taken on his

first day in office actually demonstrate his commitment to following through on a progressive agenda, regardless of the tumultuous times our country is enduring.

Going forward, Americans can expect the Biden Administration to continue to be aggressive in attempting to implement the policies they promised on the campaign trail, as well as in reversing Trump-era policies.

The administration is currently working with Congress to reach a compromise to provide greater economic relief to citizens through another round of stimulus checks.

Although the circumstances are different, the legacy of President Roosevelt’s first 100 days in the Oval Office seems to be shaping the Biden Administration’s approach to office as Biden optimistically attempts to steer the United States out of a historically challenging period and into one of hope and prosperity.

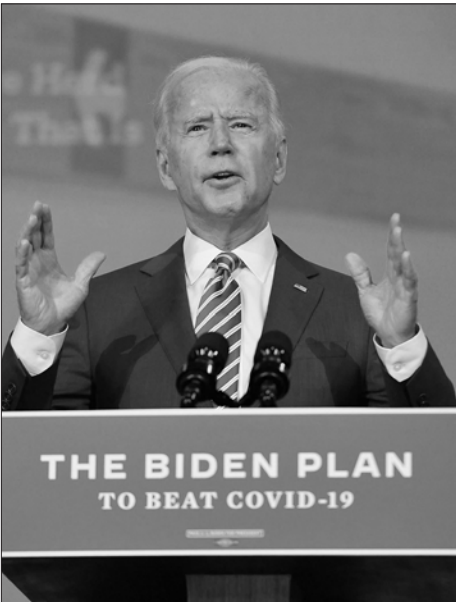


PHOTO COURTESY OF MARKETPLACE.ORG

Biden has ambitious plans for the future of the U.S.

Congress Updates

by Margaret Mahoney '21
Student Congress Representative

UPDATES

John Sweeney, chief financial officer of Providence College, came to the Student Congress meeting on Feb. 2. Sweeney provided an overview of COVID-19’s impact on PC’s expenses and revenue, stating that PC has spent \$12 million on COVID-19 testing, quarantine protocol, meals, staff, technology, physical changes, and cleaning. After giving an overview of the College’s financial outlook, Sweeney also answered a series of questions from Student Congress members.

When asked about the College’s financial health in light of COVID-19-related expenses, Sweeney said that the College has made cuts to expenses and that PC is investing in energy efficiency, which will save the College money in the future. Sweeney also remarked on the success of the free textbook program that began this fall and said the program has become a model for other schools.

When asked about financial aid, Sweeney answered that PC increased financial aid by about \$9 million this year and that the College currently meets about 89% of demonstrated need. Sweeney also addressed the security challenges of student organizations

using electronic payment platforms like Venmo, but he said that they are looking for a way to accommodate electronic payments.

When asked about upcoming projects, Sweeney said he anticipates that the Ruane Friar Development Center project will begin in May 2022. Sweeney also said that COVID-19-related expenses vary significantly between institutions depending on the aggressiveness of the program. COVID-19 prevention requires more ventilation, heating, and cooling, but associated costs with such increases are necessary for the safety of everyone at PC. Looking into the future, Sweeney anticipates that in three years, 80% of PC’s energy usage will be offset by solar power.

Student Congress thanks John Sweeney for coming to their meeting and for all he does for PC students. Following Sweeney’s presentation, the Fashion Society presented to Student Congress and were approved as an official club by Student Congress.

For students interested in joining Student Congress, they will be in attendance at the Involvement Fair on Wednesday, Feb. 17 from 4:30-5:30 p.m. in the upper Slavin lobby.



Don't forget to register for this year's Rev. Dr. Martin Luther King, Jr. Convocation, hosting guest speaker Kareem Abdul-Jabbar. The Convocation will be held TONIGHT, Feb. 11, at 7 p.m.

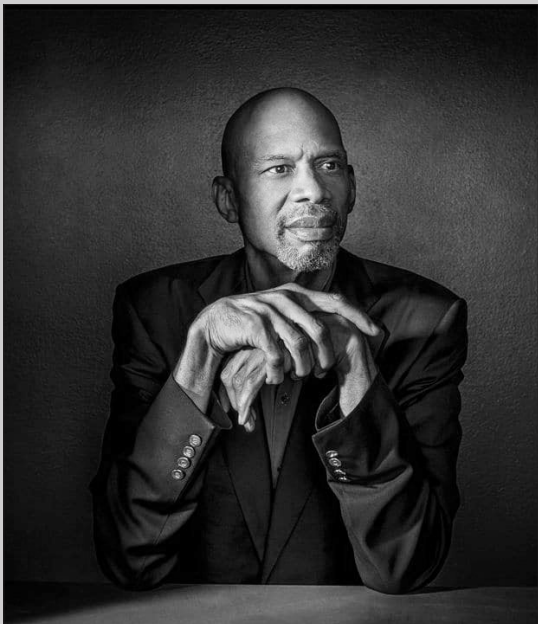


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HOW:

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MAX OF 50 PARTICIPANTS

WEDNESDAY, 2/17: VIRTUAL PAINT NIGHT

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5:00 PM

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Office of Public Safety Has a Chance for Improvement *What the Right New Hire Could Mean*

by Savannah Plaisted '21
Opinion Co-Editor

CAMPUS

Providence College has found itself in a position of opportunity for the advancement of positive race relations on campus this semester. The Office of Public Safety has been tasked with finding a replacement for the former chief of Public Safety, Koren Kanadanian, after he resigned over winter break.

The position of chief of Public Safety is an important one, in that it garners a substantial amount of campus attention, becomes a well-known name on campus, and can help to alleviate some of the tensions between Public Safety and students, faculty, and staff.

The office has not been without controversy over the course of the past year. A racially insensitive safety alert released on Sept. 10, 2020 sparked campus-wide attention and concern for the state of the department. Additionally, the Instagram account @BlackatPC has highlighted numerous accounts of racial profiling by officers.

The College is utilizing an outside firm to assist with the process of finding a replacement for Kanadanian. The firm, RENZ Consulting, LLC, has the goal of "stimulat[ing] attitudinal and behavioral change among police officers and the community, by bridging the gap between academically sound scholarship, public policy, and practice, through collaborative research,

training, and engagement."

This firm works specifically on campus policing and bias-free policing, in addition to changing police officers' attitudes towards the communities they serve. The utilization of an outside firm, and one that specifically hones in on bias-free policing—an issue that PC needs substantial work on—is a solid first step for the College.

RENZ Consulting will provide an assessment of PC's needs and, with that, recommendations for the job description of the position needed. From that point, Ann Manchester-Molak, executive vice president of the College, said, "We will work with an external search firm and a PC committee, comprised of faculty, staff, and students, to conduct the search process."

The members of the search committee must be well thought out. It should consist of students, faculty, and staff that have been vocal proponents of anti-racism, anti-sexism, and anti-homophobia work on the College's campus.

This hire will represent more than just an addition to the staff of the Office of Public Safety. PC's administration and faculty of professors

consist of primarily heterosexual, white men. The officers in the Office of Public Safety also fit this description.

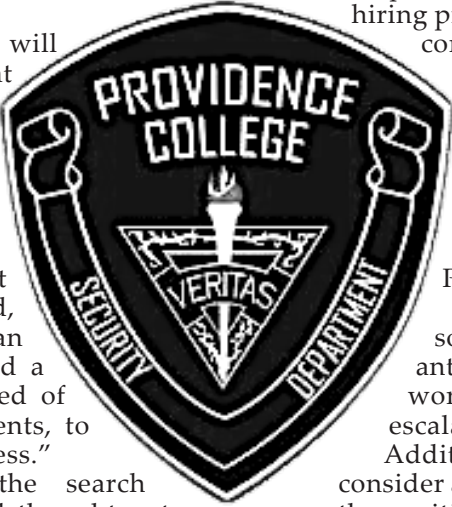
Women, BIPOC, and members of the LGBTQ+ community all bring to the table worldly perspectives that are going to be different from the bubble of white, male academics on this campus. The inclusion of these voices during the hiring process will be to the benefit of our entire community.

Please look to the Demands for Redress 2020 presented by the Coalition Against Racism and 26 additional student organizations for specific directions regarding what considerations must be made for the new hire to the position of chief of Public Safety.

The new chief of Public Safety must be someone who has undergone extensive anti-bias training, has relevant prior work experience, and is well versed in de-escalation tactics.

Additionally, the College should strongly consider an outside hire, as they would come into the position with an entirely new and unbiased perspective in order to see the areas in which PC can improve.

In sum, the hiring process for this central role in the Office of Public Safety and on our campus must be viewed as an opportunity to make the Office of Public Safety a more safe, equitable, and just force on this campus.



Questioning the Efficacy of the Green Check Mark *PC's Well-Intentioned Daily Self-Screening Process Is Ineffective*

by Madeline Morkin '22
Asst. Opinion Editor

CAMPUS

The pandemic's persistence into the spring semester has led Providence College to make continuous adjustments in order to provide returning on-campus students with a sense of safety, sanity, and certainty regarding the effects of COVID-19 on PC's small campus community. New improvements and guidelines are constantly being emailed out to parents and students in an attempt to alleviate everyone's inescapable stress around the unpredictable virus and to circumvent future outbreaks on campus.

While the College has done a fantastic job at constantly implementing and communicating new and improved COVID-19 protocols and responses, one virus-avoidance tactic has continuously proved ineffective: the daily symptom self-screening or green check mark system.

Every morning at 6 a.m., the phones of both on- and off-campus students buzz and chime with the daily reminder: "Please complete your required daily COVID-19 symptom screening." Subsequent to this reminder is a link which directs students towards a lengthy list of COVID-19 symptoms.

As directed by a short introductory message, students are asked to report if they are experiencing any of the listed symptoms by answering "Yes" or "No." The College's intent is for PC's campus

community to personally assess themselves and their physical well-being every morning in order to declare themselves symptom-free or symptomatic.

A symptom-free "No" response to the list of COVID-19 symptoms yields a green check mark, whereas a "Yes" response generates a red X mark. While the intent to avoid the potential spread of COVID-19 by having students self-assess themselves for symptoms is sound, several issues with this system make it almost entirely ineffective.

The first issue with the self-

screening system emerges when considering the exhausting physical toll that late nights, early mornings, and long class and work schedules routinely take on college students. On the average day, a PC student likely experiences one or more of the listed COVID-19 symptoms, such as muscle or body aches, congestion or a runny nose, gastrointestinal symptoms, or fatigue.

While these listed symptoms, among several others, may be common to students on campus, they are often thoughtlessly disregarded as a result of students' busy schedules, harsh changes in seasons and weather, or personal behaviors which could have potentially led them to experience these symptoms. The issue with this reality is that students then ignore their own COVID-19 symptoms by answering "No" in order to receive the green check mark that is required when reporting for weekly testing.

Of course, PC expects students to respond honestly in their daily self-screening, but, again, the long list of overabundant, yet common, COVID-19 symptoms leads students to answer "No" because they believe their symptoms are not a result of the virus itself, but rather a result of another issue.

Another major fault when considering PC's self-screening process is that students often do not respond to it. While a text and email reminder prompting students to answer the symptom-check do come through every morning, the school has implemented no repercussions for not responding to the self-

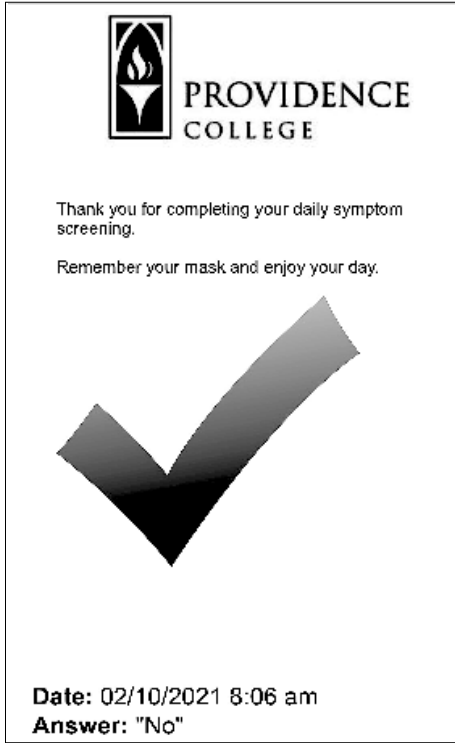
screening process at all.

The general consensus among students regarding the self-screening process is that it is a routine, yet meaningless task unless it comes through on a day that the student is to get tested. On the days in which a student is tested, the Office of Public Safety requires the display of a green check mark before students may enter further into the testing center, in order to keep symptomatic students away from those who are feeling healthy.

On non-testing days, students often avoid responding to the symptom self-assessment entirely, and no person of authority checks in to ensure that students are responding at all. In addition to there being no mandatory completion of the COVID-19 daily self-screening process, there is also a lack of enforcement by Public Safety officers to display the green check mark when entering campus facilities.

There is a lack of consistency when requiring students to display this green check mark, since different members of Public Safety may require this or not. Again, this makes the system ineffective, as it allows healthy and symptomatic campus members to unknowingly coexist without any repercussion.

While the green check mark system is good-intentioned in providing on-campus students with a safer and healthier community, it is poorly implemented and not consistently enforced by members of authority and security on campus, making it a failure of the COVID-19 protocols on campus.



This check mark is a familiar sight for PC students, appearing every time "No" is selected during daily symptom screenings.

Zooming Down a Slippery Slope

PC Should Not Discontinue Snow Days Despite Virtual Learning Capabilities

by Kelly Wheeler '21
Opinion Co-Editor

CAMPUS

In order to combat the unique educational challenges imposed by COVID-19, Providence College has become one of the thousands of universities around the world to adopt Zoom technology. Zoom is an incredibly useful and powerful platform; with it, there is seemingly nothing that could stand in the way of bringing people together—not even inclement winter weather.

Before the pandemic, snow storms could cause university-wide class cancelations due to the dangerous road conditions and on-campus walking hazards that stood in the way of safely traveling to class. However, now that Zoom has enabled students and faculty to meet remotely, these

weather-related issues cease to present any barriers. That being the case, it may appear as though there is no more need for snow days. Yet, when considering factors beyond the physical difficulty of traveling to classrooms, it becomes clear that the PC community would greatly benefit from snow day cancelations in other ways.

A major reason that snow days are still needed during the COVID-19 pandemic is to accommodate professors with young children. While a student may have no problem logging into Zoom to attend class on a day when weather conditions are poor, it may not be so easy on the professor's end.

Professors who are working parents may experience difficulties arranging for childcare assistance that frees them up to teach, for the winter weather could have left them without coverage.

As Dr. Abigail Brooks, director of the women's and gender studies program and associate professor of sociology and anthropology, said, "Snow days—even pre-pandemic—can be tough on working parents with infants, toddlers, and elementary-aged children who are expected to be at work, despite snow/adverse weather conditions, and despite daycare and school closures."

Even though PC may be equipped to continue "business as usual" amidst winter weather, local schools and daycares may be shut down or delayed, and babysitters may be unable to safely travel to work, resulting in the need for professors to watch their kids while simultaneously facilitating online learning for their students.

"Just because you can do something doesn't mean you should," said Dr. Eve Veliz-Moran, associate professor of sociology. "Because school closures are often announced in the morning, parents are left scrambling to find someone to watch their children while they 'Zoom' into work. There are emergency child care services available, but it is not realistic that a parent will feel comfortable bringing someone into their home who the children have never met and be able to explain everything that needs to be done and be on time for an 8:30 a.m. class." The last-minute nature of snow day cancelations made by people and places beyond PC can create difficulties for professors. As such, this must be taken into account when deciding whether to institute class cancelations at PC.

In addition to professors, PC must also consider the positive

impact that snow days could have on its students. Due to the pandemic, the College has opted to replace the traditional spring break with a handful of midweek breaks dispersed throughout the semester. Although these scattered days off serve as an excellent alternative to an extensive break period that could allow unsafe travel to take place, PC should consider the added benefit that sporadic snow days could have on its community as well.

Having an occasional, unscheduled day without classes would allow PC students to refresh by catching up on homework, getting extra sleep, and spending more time with people in their pods (or family members at home in the case of commuters and remote-only students).

Granted, the spring semester has only recently begun, so students may not find themselves desperate for a break just yet. However, if winter weather persists in the coming weeks, PC needs to evaluate whether holding remote classes on a day that would have been declared a snow day in a pre-Zoom world is the best idea. During these stressful and emotionally challenging times, sometimes it is the little things that make the largest difference. A snow day could be just that.

When weighing the pros and cons of class cancelations, all factors must be considered. Ultimately, to support professors with children and to positively impact the mental health of its students—and faculty, for that matter—PC must reassess whether doing away with snow days would truly be in the best interest of the entire College community.



PHOTO COURTESY OF PROVIDENCE COLLEGE FACEBOOK

Snow and ice have caused class cancelations in years past, but Zoom may effectively end snow days at PC.

How Vegan Snacks Deceive Consumers

by Joseph Kulesza '22
Opinion Staff

SOCIETY

Among the various other trends, including but not limited to cuffing your jeans, owning an air fryer, and drinking cold brew coffee, there has emerged yet another trend that has garnered the attention of many college students: veganism.

The rise of veganism (also referred to as a plant-based diet) can be seen even in Providence College's local community. A vegan food court known as Plant City opened up during the summer of 2019 on South Water Street in Providence, and has grown in popularity ever since.

This new and trendy food court is home to four separate vegan food vendors, where one has the option of buying an \$8 can of kombucha, an \$18 burrito, or a bottle of cashew milk for only \$5.95, all of which are free of animal products.

And why would you not want to spend your money on these products? Celebrities such as Beyoncé, Jay-Z, and Miley Cyrus have all announced their conversion to this new way of thinking about food.

Satire aside, there are many benefits associated with this diet. The conventional foods that Americans are so accustomed to eating—beef, eggs, and milk to name a few—have been scientifically proven to have potential negative health effects.

Research from Harvard's T.H. Chan School of Public Health concluded that an "accumulated body of evidence shows a clear link between high intake of red and processed meats and a higher risk for heart disease, cancer, diabetes, and premature death."

This same study went as far as to say that "you don't need to eat red meat to get these essential

nutrients. You can get the same amounts—and in some cases even more...by following a plant-based diet."

With the health benefits of this diet reasonably understood by the scientific community, the task now becomes defining what exactly is deemed worthy of being part of a plant-based or vegan diet.

Defining what is and is not part of a vegan or

plant-based diet is more difficult than one might imagine, as foods such as Oreos, Swedish Fish, and Pringles are all technically vegan foods, containing no animal products, yet, they are unanimously regarded as unhealthy.

It is junk foods' very ability to label itself as vegan that is deceiving to many consumers who are eager to live a healthier lifestyle.

While it is common knowledge that Oreos and potato chips contain high amounts of sodium and sugar, and by extension are not a part of any healthy diet, there are many brands that produce products similar to these household names that are seen as healthy alternatives as a result of their deceitful marketing.

Brands such as Hippeas and Nature's Bakery advertise themselves as being vegan, yet, they are only marginally healthier than their junk food counterparts. Take, for example, the increasingly popular brand Hippeas, which makes organic chickpea-based snacks: A one ounce serving contains 130 calories, 140 milligrams of sodium, and five grams of fat.

These nutrition facts might seem impressive, but when compared to a one ounce serving of nacho cheese flavored Doritos which contain: 140 calories, 210 milligrams of sodium, and eight grams of fat, it can be said that the Hippeas are only marginally healthier.

In most cases relating to vegan snacks, the phrase "healthier" is better understood as less unhealthy.

Conventional wisdom holds that foods such as whole grains, vegetables, and fruit constitute a healthy diet, as they contain phytochemicals, antioxidants, and nutrients that our bodies need for proper function.

In life, most things that are too good to be true likely are, and this new trend in vegan snacks is no exception to this expression.

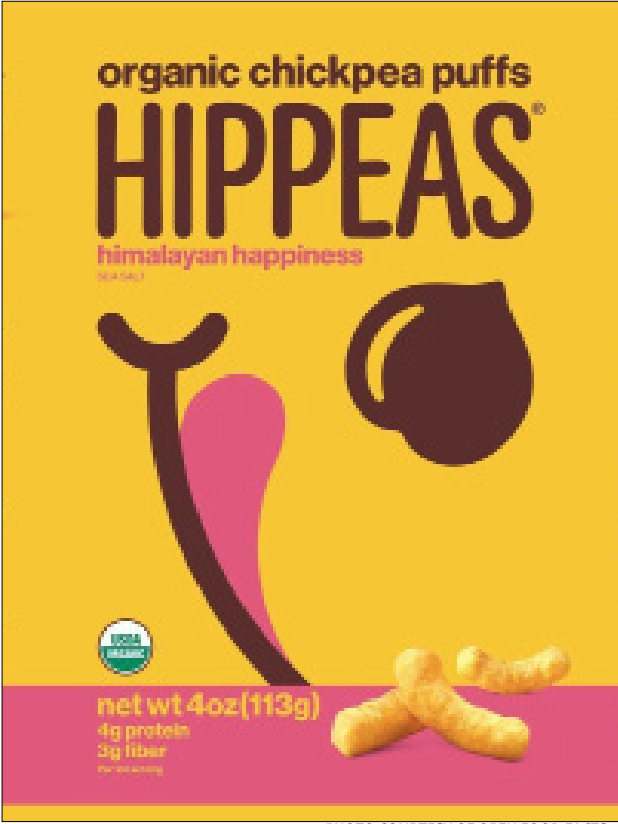


PHOTO COURTESY OF OPEN FOOD FACTS

Hippeas is an extremely popular brand within the vegan snack food market.

**Providence College's
Student-Run Newspaper Since 1935**

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A History Major's Take on Valentine's Day *What the History of the Holiday Can Offer Us*



by Andrea Traietti '21
Editor-in-Chief

EDITOR'S COLUMN

The question of whether Valentine's Day is a cheesy Hallmark-invented holiday or a meaningful day to celebrate love seems like an age-old debate, and with Valentine's Day coming up this Sunday, it's one that my roommates and I engaged in just this past week. Could the

holiday that, this year alone, is expected to result in \$21.8 billion in spending really be about love?

Perhaps it's the history major in me, but I thought the perfect start to answering this question would be with some research into the origins of the holiday. To an extent, I was disappointed to find that there is no one tradition—or even one "Valentine"—to mark as the origin of the holiday's history.

There's actually quite a bit of uncertainty about the holiday's namesake, Saint Valentine. The Catholic Church recognizes at least three different saints by the name of Valentine or Valentinus, and there are a number of different legends about the several Valentines.

One legend claims that Valentine was a priest who continued to perform marriages in third-century Rome even after the Emperor Claudius II had outlawed them. Another says he was sentenced to death after trying to help Christians escape from Roman prisons, and a third traces the practice of sending a Valentine greeting back to the saint while he was imprisoned.

Over centuries, Valentine's Day would morph into the holiday (and billion dollar business) that it is today: the 1400s saw the first written Valentine's greetings,

Americans were likely exchanging hand-made valentines by the early eighteenth century, and by 1900, printed cards were beginning to replace hand-written notes.

But just because Valentine's Day evolved over time and has somewhat uncertain origins doesn't mean it can't still be a meaningful holiday. What struck me about the various Saint Valentine origin myths in particular was the fact that they all centered around some act of service to others.

I'd like to think that Valentine's Day can be both meaningful and a cheesy Hallmark holiday, that the two aren't mutually exclusive, but in the end my research led me to a somewhat different conclusion: whether you're single or taken, or think Valentine's Day is a scam or a meaningful holiday, maybe we could all at least look at the day as an opportunity for service.

Whether that service is the act of giving a gift to a loved one, letting someone know how much you care about them, or reaching out to a person in need, Valentine's Day can take on a new meaning if we choose to do a little historical reimagining of the holiday's various namesakes—and their acts of service long before the age of Hallmark cards and heart-shaped candy.

TANGENTS & TIRADES

The Unrepresented Pros of Polarization

Political polarization has become a popular media buzzword used to indicate catastrophic political turmoil. This negative representation of the phenomenon is not unjustified.

There is a notable and problematic pattern of hatred simmering beneath the thin veneer of civilized society amongst those who hold polarized positions—a pattern that does seem to be worsening. We see the use of ad hominem attacks more often in a debate than we do substantive reasoning, violence as a means of political expression, and resolutions in Washington, D.C. being bloody, brutal, and slow affairs (although this example is as old as the U.S. itself).

The negative connotation of the word may not be unjustified, but it is certainly not helpful, as it has succeeded only in feeding the internet trolls, fueling the fire, and misconstruing the fundamentally positive aspects of disagreement. Just like in any "bad" situation, there is a silver lining to be found if we look for it.

Polarization does not have to equate to catastrophe. Disagreement does not have to end with blood. Rather, it can present an invaluable opportunity for individual and societal progress if we let it.

On an individual level, being confronted with an opposing point of view provides an opportunity for a moment for self-reflection, education, or, at the very least, empathy—if the opposing belief is feasible, of course. Disagreement fortifies our own argumentative ability, as well as our ability to meaningfully interact with the ideas of others. Disagreement is the ultimate test of individual maturity and is the cornerstone of civilized society.

Without disagreement, there is no progress. This is the societal benefit to intense disagreement as well. There is a utility to the existence of "ideological extremes" that the panicked tone of the media fails to capture.

There has always been polarization, and if human beings are not an artificially robotic monolith reminiscent of a dystopian novella, there will always be polarization. The good news: something must give. If we are careful to redirect our animalistic tendencies from physically duking it out to battling in the intellectual arena, where we may possess the confidence to take our stance but also have the humility to admit ideological defeat, it can change for the better—right now.

—Sienna Strickland '22

Daily Coffee With a Side of News

The beginning of every new semester marks an adjustment period for all students. Providence College students must manage their time to complete schoolwork for their courses, to participate in extracurricular activities, and now, additionally to get tested for COVID-19 twice a week.

With all of these necessary duties that come with being a college student, plus all of the unmentioned activities that we spend our time doing, it seems daunting to set aside time to do something as simple as read the daily news.

Perhaps now more than ever before, it has become extremely important to stay informed about the daily news, particularly because of how quickly news is developing around topics such as our new president and COVID-19.

The good news is that there is a way to stay informed without students feeling as though they are adding yet another activity onto their already full plates.

One way to do so is as simple as an email subscription. For example, MorningBrew is a daily e-newsletter that distributes mainly business-centered updates in short, digestible articles. Despite the company being centered around news in the business world, there is a wealth of articles that relate to all types of news, providing a well-rounded synopsis of the most important events occurring in our world today.

Next time you sit down with your morning coffee, consider pairing it with a side of daily news.

—Katie Belbusti '22



PHOTOS COURTESY OF PIXABAY AND PIXY.ORG

ROVING PHOTOGRAPHY

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February 11, 2021

If you were a blade of grass, which celebrity's lawn would you want to be on?



"Taylor Swift."

Kaylee Sparro '22



"Tom Brady." "Josh Allen."

Danny Cabrera '24 and Ben Guisto '24



"Guy Fieri."

Katherine Pineo '21



"Luke Combs."

Bella Faggiano '22



"Drake."

Matt Lussier '22



"Barack Obama."

Christine Sullivan '22



"Olivia Wilde."

- Jason Sudeikis

PHOTO COURTESY OF Cinema Blend

Photos by Lillie Hunter '22 and Brianna Colletti '21

Performers Call for Unity at Biden Inauguration *Gorman, Lopez, Gaga Steal the Show With Grace*

by Grace Whitman '22
A&E Staff

MUSIC/LITERATURE

Joseph Biden, Jr. was sworn into office as the 46th president of the United States on Wednesday, Jan. 20. The inauguration ceremony certainly looked different compared to the dozens before it due to safety protocols as a result of the COVID-19 pandemic and intense security in response to the U.S. Capitol riot on Jan. 6.

Live music has been a significant part of every presidential inauguration. Bill Clinton enlisted Barbra Streisand to perform at his inaugural gala, while Beyoncé sang her rendition of Etta James's song "At Last" during President Barack Obama's first dance in 2008.

Biden took the oath of office on a blustery day with bits of sunshine, a symbolic backdrop for a historical transition. As the first major performer of the day, Lady Gaga descended down the Capitol stairs to sing "The Star-Spangled Banner." In full Lady Gaga style, the singer wore a red and blue ball gown with a gold-encrusted dove pin to sing the national anthem.

Jennifer Lopez was invited to sing a medley of "This Land Is Your Land" and "America the Beautiful." An unforgettable moment was when the Latina icon sang, "Una nación bajo Dios con libertad y justicia para todos!" which translates to "One nation, under God, with liberty and justice for all!" symbolizing the immense need for equity and justice for all communities in America.

The final musical performer at the Capitol building was Garth Brooks, who sang a

heartfelt rendition of "Amazing Grace." Having performed for almost every president since Jimmy Carter, Brooks said, "This is not a political statement—this is a statement of unity."

Amanda Gorman, a 22-year-old Harvard University graduate, became the youngest poet, and only the sixth in history, to read at a presidential inauguration. Her poem "The Hill We Climb" was a desperate call for unity and collaboration among the American people. With an emphasis on the opportunity that the future holds, Gorman stole the show and gained immense popularity after the reading.

Later in the day, in lieu of the several inaugural balls which typically occur on inauguration day, Tom Hanks hosted a television concert called "Celebrating America." Performers included Demi Lovato, Justin Timberlake, Tim McGraw, Tyler Hubbard, John Legend, and Jon Bon Jovi.



PHOTO COURTESY OF AP PHOTO / PATRICK SEMANSKY, POOL
Amanda Gorman performed "The Hill We Climb" as the nation's first Youth Poet Laureate.

Performing virtually in Nashville, Tyler Hubbard of Florida Georgia Line and Tim McGraw performed their brand-new song, "Undivided." If President Joe Biden's inauguration had a theme, it would have been unity. This song encapsulates that theme perfectly, using the lyrics, "I'm tired of lookin' left or right. / So I'm just lookin' up" as a call to end the divisiveness in America.

Later, John Legend delivered an incredible performance of "Feeling Good" in front of the Lincoln Memorial on a grand piano.

To wrap up the night, Katy Perry performed her 2010 hit "Firework" with a pyrotechnic display, lighting up the skies of Washington, D.C.

Occurring so soon after the domestic terrorist attack at the United States Capitol, these diverse performances highlighted unity, freedom, and democracy, turning the first page in what will hopefully be a powerful national redemption story.



PHOTO COURTESY OF ALEX WONG / GETTY
Jennifer Lopez performed "This Land Is Your Land" and "America the Beautiful."

EA Sports Announces the Return of NCAA Football *How the Revival Will Impact Athlete Compensation*

by Dave Argento '21
A&E Staff

GAMING

Debates over financial compensation for student-athletes have been part of an ongoing battle for years, driven by the fact that Division I sports pull in massive revenues for television networks and schools alike. With the announcement of Electronic Arts' new college football video game in development, a new chapter of this debate is now underway. Considering the *NCAA Football* series' abrupt finish due to legal battles regarding student-athlete compensation, the new college football game—title to be announced—will reignite these conversations and may greatly impact the lives of college football players and the futures of Division I athletes.

The *NCAA Football* series is likely to hold a special place of nostalgia in the hearts of many Providence College students, as the highly popular gaming titles were household names. By the time the franchise ended in 2014 after the release of its final installment, *NCAA Football 14*, the series had sold more than 10 million copies. Despite the financial success the yearly releases produced for EA, Kevin Webb of Business Insider writes, "College sports games saw a swift decline in 2009 after former UCLA basketball player Ed O'Bannon filed a lawsuit against



COVER ART COURTESY OF EA SPORTS
The last NCAA Football game released, *NCAA Football 14*, featured Michigan running back Denard Robinson on the cover. Used copies sell for up to \$130 on eBay.

EA, the NCAA, and the Collegiate Licensing Company demanding royalties for college athletes who appeared in video games." The \$60 million settlement in 2014 likely left a sour taste in the mouths of EA executives as the lawsuit inevitably led to the end of the legendary series.

The key difference gamers will find between the *NCAA Football* series and

the new release will be directly related to these legal troubles, as the new release will lack both the names and likenesses of the players. Changing player names and likenesses, as well as team names, is no new struggle for EA as the massively successful *FIFA* series has found more professional soccer clubs and individual players signing their rights away to direct competitor

series, *Pro Evolution Soccer*. Teams and players have recognized the value in their brands, with teams such as Juventus F.C. taking the endeavor into opening negotiations and going with EA's rival in the soccer gaming space.

With the NCAA still holding firm control over the rights to player names and likenesses, EA has decided to bypass the organization in what is a rather controversial move. Zack Millsap of Comic Book Resources writes, "Electronic Arts decided to work with the Collegiate Licensing Company instead of the NCAA to avoid potential future legal problems. The CLC will provide EA with all the school trademarks it will need to recreate the NCAA football experience. All the school logos, stadiums, and uniforms will remain fully intact, but without NCAA players' names or likeness." Some see this as an injustice to the players as it deprives them of the brand recognition and royalties that are bypassed by the move.

While the NCAA appears to be holding firm in its efforts to maintain rules preventing Division I athletes from being paid, video game royalties and licensing could have the potential to lead to student-athlete compensation. EA's new release currently has no official title or release date, but fans of the *NCAA Football* franchise can still look forward to what is likely to be a major release sometime in the relatively near future.

Bridgerton Explores 19th Century Gender Dynamics

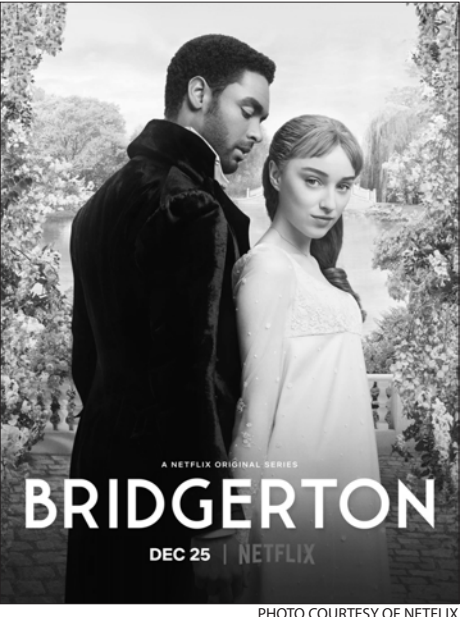


PHOTO COURTESY OF NETFLIX

by Nikki Idelson '22
A&E Staff

TELEVISION

Anyone who has been on Netflix recently has heard of the new show *Bridgerton*, which has been all the rage for almost two months now. The season first aired on Dec. 25, 2020, and has been in the top-10 list on Netflix ever since. According to *The Today Show*, the series is “based on the popular *Bridgerton* book series, written by Julia Quinn, that revolves around two families during ‘the season,’ an annual period where elite families would host formal events to introduce their children to society and find them a suitable marriage.” It takes place in

England during the early 1800s and follows the scandalous lives of several families who are part of the elite. Looking beyond all of the scandals, the show also incorporates a lot of important details about the gender roles that existed during the early 1800s. Anthony, the eldest Bridgerton, is asked by his mother in the first episode, “Are you merely the older brother, or are you the man of the house?” This question shows the patriarchal expectations that existed at the time, as men were expected to step up and be the leaders of their given households. Anthony was simply expected to take on this role of “man of the house” and arrange for his sisters to be married off, as he was the eldest of his brothers when their father died. *Bridgerton* also shows the domestic roles that women, especially those of the upper class, were expected to have in society. Women were expected to be married off at a very young age to a man within their given social class. One character who fights against this norm is Eloise, one of the Bridgerton sisters. Eloise desires a life that does not simply revolve around marriage as she instead dreams of attending college. This dynamic can be seen in episode two when she says, “Having a nice face and pleasant hair is not an accomplishment. Do you know what is an accomplishment? Attending university! If I were a man, I could do that, you know.” Looking at the gender roles that exist within society today, it is evident that women now have more freedom



PHOTO COURTESY OF LIAM DANIEL / NETFLIX

Bridgerton is arguably the first period drama that fearlessly, and successfully, boasts a diverse cast.

in deciding what they want to do with their lives, as well as who, and even if, they desire to marry. However, these classic gender roles are still apparent, as men are expected to be the heads of their households—in which they hold a job and are the only provider—while women are expected to be the nurturing caregivers who remain at home to

take care of the children as well as the household. Even though a few of the show’s characters, such as Eloise, defy their expected gender roles, the majority eventually fall into these roles due to social pressures. Although these gender roles have dissolved in some capacity since the 1800s, they remain evident in today’s society.

“She’s Not Here for the Right Reasons” Bullying on The Bachelor Reaches New Heights

by Madison Palmieri '22
A&E Staff

TELEVISION

Even before the current season of *The Bachelor* premiered on Jan. 4, fans and critics alike knew that the season would be different: the show’s lead, Matt James, is the first Black Bachelor. Once the season began, however, viewers

contestants has sparked an outcry among fans. Signs of the trouble that was to come appeared on night one, when contestant Victoria Larson, who refers to herself as “Queen Victoria,” made her dislike for the other girls known. However, it was not until two episodes later, when contestant Sarah Trott interrupted a group date to speak with James about her concerns regarding their relationship, that more suitors exhibited unkind behavior. Even though Trott apologized



PHOTO COURTESY OF CRAIG SJODIN / ABC

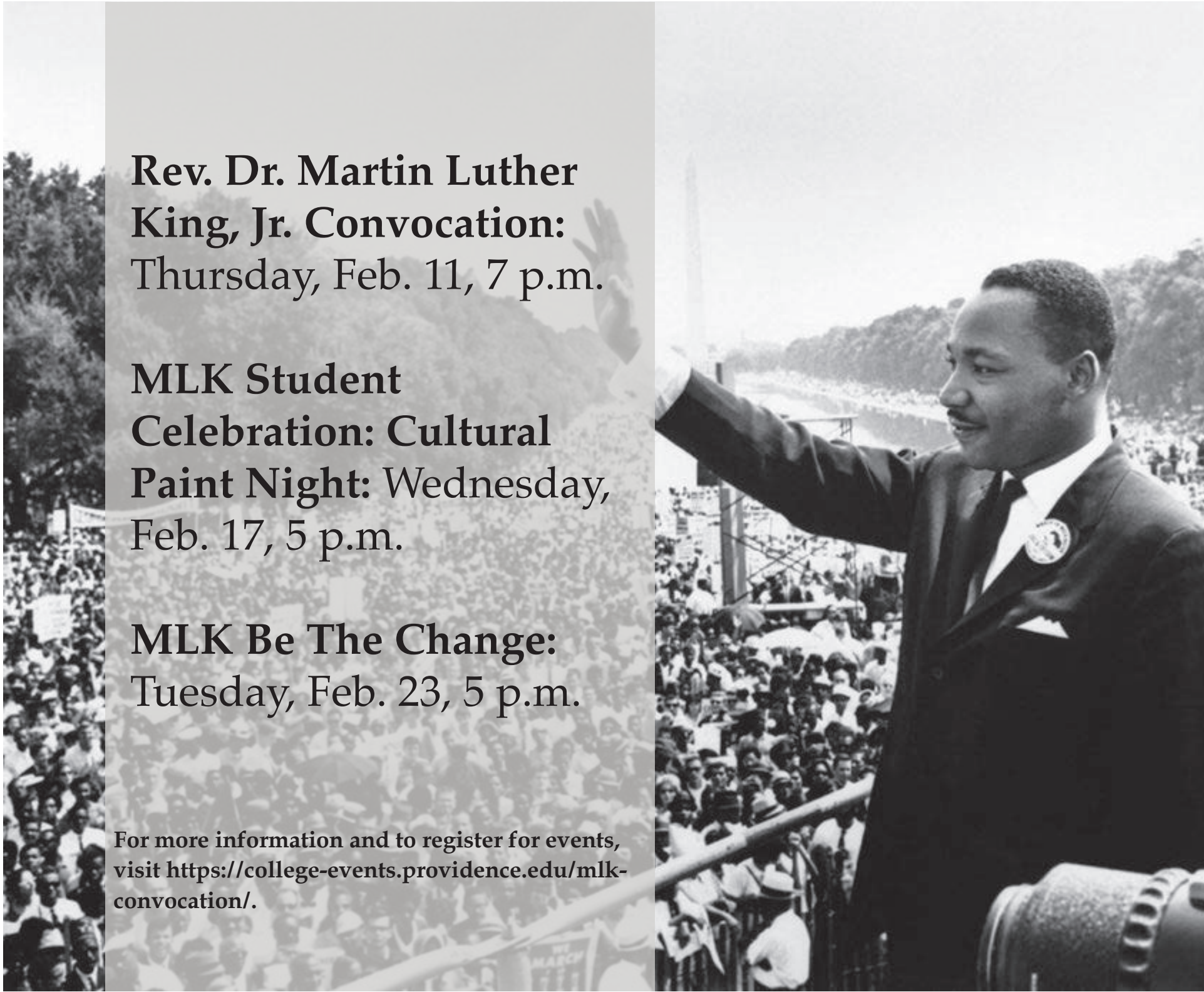
Victoria Larson refers to herself as “Queen Victoria,” taking advice from Instagram influencer and confidence coach Serena Kerrigan. quickly realized that Matt would not be the only cast member to make this season unique. James’s history-making run as the Bachelor is being overshadowed by the rampant bullying that is occurring between his suitors. While *The Bachelor* franchise—and reality television in general—is no stranger to fights and feuds, the appalling behavior of many of this season’s

to the contestants on the date immediately after interrupting their time, the majority of the women, including Larson, did not accept her apology. Their rudeness caused Trott to remain in her room for quite some time, while the other women complained about her. One contestant, Kit Keenan, assured a couple of her fellow contestants that if Trott remained in the house, she

was going to make her living situation difficult. Some of the women, however, refused to stand for the unkindness. Katie Thurston attempted to comfort Trott, who ultimately self-eliminated from the competition. After Trott left, Thurston reminded the other girls to be cognizant of how their actions could be perceived as bullying. Unfortunately, her advice fell flat. When new contestants joined the show, those already present continued their campaign of unkindness, with Larson stealing a new arrival’s crown, Anna Redman spreading damaging rumors about another newcomer’s reputation, and MJ Snyder going full-on high-school mean girl when she declared that she liked the group dynamic much better when only the “OGs” were in the house. Although James ultimately sent Redman home due to her behavior and eliminated Larson during a rose ceremony, previews suggest that Snyder may emerge as a major antagonist, leading fans to criticize the show for giving bullies a platform. Maria Gentile '22 acknowledged that “half the point of the show is drama,” but emphasized how it is “frustrating, upsetting, and getting to the point where it’s not entertaining since it is just straight-up mean.” Kara Berlin-Gallo '21 remarked how she feels that “the show is glamorizing bullying by having it take up so much time. Seeing this behavior could trigger victims of bullying who are watching the show. The producers should be ashamed of themselves.” Some contestants, such as Larson and Keenan, have attempted to make amends for their actions via social media, posting apologies to their Instagram stories. *The Bachelor* franchise, however, has yet to officially acknowledge the behavior it has enabled, leaving viewers to ponder the showrunners’ responsibility to their audiences as well as to the victims of this mistreatment. Although host Chris Harrison promises that each season of the show is “the most dramatic season ever,” this installment may unfortunately prove to be just that.

Rev. Dr. Martin Luther King, Jr. Convocation

See below for a list of events and ways to participate:



Rev. Dr. Martin Luther King, Jr. Convocation:
Thursday, Feb. 11, 7 p.m.

MLK Student Celebration: Cultural Paint Night: Wednesday, Feb. 17, 5 p.m.

MLK Be The Change:
Tuesday, Feb. 23, 5 p.m.

For more information and to register for events, visit <https://college-events.providence.edu/mlk-convocation/>.

“LIKE MOST OTHER SPORTS FANS, I LOOK FORWARD TO SEEING [RECORDS] BROKEN SO I CAN WITNESS ANOTHER GIANT LEAP FOR HUMANKIND. THAT'S ANOTHER LESSON SPORTS TEACHES US: THE HUMAN RACE IS A RELAY IN WHICH WE ALL MAKE OUR BEST RUN, THEN PASS THE BATON TO THE NEXT RUNNER. WHAT MATTERS ISN'T WHO CROSSES THE FINISH LINE BUT THAT WE DID OUR BEST TO BOOST THE WHOLE TEAM.

—Kareem Abdul Jabbar, MLK Convocation Keynote Speaker
Writings on the Wall: Searching for a New Equality Beyond Black and White

VALENTINES WEEK

self love & SPREAD LOVE

THURSDAY FEB 11 - FRIDAY FEB 12
CLAVIN ATRIUM 11-2PM



PICK UP:
TO/FROM VALENTINES NOTES
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SELF LOVE CHECKLIST AND QUOTES
BALLOONS, CROWNS
MASON JARS TO FILL WITH CANDY



SIGN UP TO SEND YOUR FRIENDS CRUSH SODAS AND VALENTINES NOTES FOR \$2!



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If you are a person with a disability and require an assistive device, service, or other accommodations to participate in this event, please contact the Central Reservation Coordinator: (401)-865-2070, well in advance of the event.



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ASIAN AM AND BOP PRESENT...

LUNAR NEW YEAR

FRIDAY, FEBRUARY 12th
7-9 PM
CONCANNON CIRCLE

Celebrate the Lunar New Year with FREE food from a local Asian food truck and pick up a themed gift box filled with Candy, Origami, and Lucky Money!

If you are a person with a disability and require an assistive device, service, or other accommodations to participate in this event, please contact the Central Reservation Coordinator: (401)-865-2070, well in advance of the event.

BOP and SHEPARD Present

Paint

With

Friar Pride

Join us for an educational and creative Paint Night opening with an LGBTQ+ History presentation. After the presentation, artist Kyia Watkins will lead us in painting a portrait of Marsha P. Johnson

Tuesday
February 16
5:30 PM

Register by Feb. 5
on @PCBOP

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Have Something to Say? Write a Letter to the Editor!



editor@thecowl.com

Sports Shorts

by Leo Hainline '22
Sports Staff

SPORTS SHORTS

Men's Basketball:

The Friars suffered a third straight loss on Feb. 6, losing at home to St. John's University, 92-81. The Red Storm's dynamic duo of freshman point guard Posh Alexander and sophomore forward Julian Champagne was simply too much for the Friars to handle. St. John's seemed to hit every shot to start the game, especially from behind the arc. PC failed to make the necessary defensive adjustments to stop the Red Storm's offense. Strong play from Nate Watson '21 and Noah Horchler '21RS kept the game competitive, but the Friars did not play with enough urgency down the stretch to prompt a comeback.

Women's Basketball:

PC returned to action on Feb. 3 against Villanova University, after taking an almost month-long hiatus due to COVID-19 issues within the Friars and across the Big East. The Friars fell short to the Wildcats on the road, losing 67-53. PC's Alyssa Geary '22 led the way for the Friars with a team-high 22 points. Star point guard Chanel Williams '21 also scored in double digits. Olivia Orlando '21 was the team's leading rebounder, compiling 10 boards.

Men's Ice Hockey:

The PC Men's Ice Hockey Team split their weekend series against Merrimack University. On Feb. 6, the Friars seized a 5-1 victory behind Tyce Thompson's '22 five assists. The victory was head coach Nate Leaman's 200th win with PC, just another milestone to add to his renowned coaching career. The No. 16 Friars dropped their following game to Merrimack 3-2. The Warriors took a three-goal lead in the first period, and that deficit was too much for the Friars to overcome despite their best efforts. They nearly mounted a comeback with two third-period goals from Michael Callahan '22 and Jason O'Neill '21.

Women's Ice Hockey:

The PC Women's Ice Hockey Team split their recent back-to-back against the University of New Hampshire. The No. 10 Friars fell 1-0 on Feb. 5, but they followed up this low-scoring affair with an exciting 5-4 victory on Feb. 6 against the Wildcats. Caroline Peterson '22 opened the scoring 1:40 into regulation, but UNH responded and tied the game 1-1. The game was 2-2 entering the second period, but the Wildcats would soon pull ahead. However, the Friars responded by scoring three unanswered in the third period thanks to a game-tying goal from Hayley Lunny '21 and two goals by Lindsey Bochna '24 to seal the victory.

Men's Lacrosse Looks to Start Season Strong *Coach Gabrielli, Friars Finally Return*

Men's Lacrosse

Continued from front page

That includes returning captains Tim Hinrichs '20GS and Nick Shaw '20GS. They are joined by new captains, Toby Burgdorf '21, Matt Grillo '22, Evan McGreen '21, and Mike O'Grady '22. "Certainly an older team is typically a better team," Gabrielli said. With 16 seniors and graduate students, the Friars will indeed be an older team this season. "They've seen it all, they've been through a lot, and they know how to handle certain emotions."

With the new additions to the captain list, Gabrielli wants his main guys to "continue to be themselves, but don't be complacent and don't be satisfied." He knows his captains will continue to perform on the field, but "I now challenge them to elevate their leadership role. It's the next challenge, you have established yourself on the field and now I want you to be a leader, and we wouldn't give that title to anyone if they didn't deserve it."

Last season, Grillo led the way for the Friars with 25 total points. In just six games, Grillo put up an astounding 21 goals and four assists. In PC's win against Sacred Heart University, Grillo scored seven goals and added one assist.

Once again, Burgdorf will be in the net for the Friars. Last season was his first year as the starting goaltender and he did not disappoint. In just six games, Burgdorf ranked second in the country in save percentage, third in goals against average, and 13th in saves per game. As a result of his performance, Burgdorf has been named an Inside Lacrosse Preseason All-American Honorable Mention.

In five games last season, McGreen recorded six points with four goals and two assists. O'Grady added two goals in six games for the Friars as well.

Gabrielli was adamant that the opportunity to have an older team bodes well for the future



PHOTO COURTESY OF PC ATHLETICS

The Friars celebrate their 2020 Ocean State Cup championship victory over Brown University.

of the program. "These guys are all tremendous leaders," he said. "Having the graduate students back and the freshman class being able to learn from them, it's great for us. They are going to learn how to work, how to lead, and how to get better."

Learning from the graduate students will be 13 incoming freshmen. Gabrielli is aware that this situation is not unique to PC. Many teams will welcome back seniors from last season, as well as a new freshman class. "This isn't just happening to us," said Gabrielli, "but it's happening all around the country, and the competition is just going to be fiercer."

Gabrielli expects a handful of these freshmen to have roles right out of the gate. Some of the players Gabrielli mentioned as standout freshmen to watch are Michael Chabra '24, Ty Thureson '24, Chris Cusolito '24, and Tom Fegley '24. All four will be seeing playing time in the upcoming season.

Channeling the frustration of how last season ended, Gabrielli has made it a focal point that the Friars now get to complete the season

they thought they would have had last year. Gabrielli said, "Our team has to be tremendously disciplined, tremendously committed, use common sense, and the sacrifice level has to go to a whole new level this year."

Indeed, it will be a year of sacrifice if things are going to go smoothly for the Friars. Gabrielli knows that with what his team has been through already, they are all ready to make sacrifices for the benefit of the team.

Gabrielli mentioned how his expectations are high every year, but this year, his expectations are "higher than ever." With his top players returning, there was always the belief that this season will be a successful one, but "we know how challenging it is to be successful and this year with the pandemic makes it a challenge."

Now, at the end of a difficult offseason, Gabrielli explained how his team has only been able to practice together just a handful of times as a whole unit. For most of the time, they were working in pods. With no outside scrimmages able to be played, the preparation has been different and difficult.

On Feb. 13, the Friars will travel to Bryant University for their first official game of the season. Without any of the outside scrimmages to prepare, "the sense of urgency is so great for us right now, we can't take shortcuts and we have to be disciplined," said Gabrielli. "The Big East games are so critical and Feb. 20, boom, we're in it."

That Feb. 20 game will see the Friars begin Big East play by traveling to Queens, NY to take on St. John's University. Their first home game of the season will not be until March 3 against Fairfield University.

Gabrielli is still unsure about the status of spectators for the upcoming season, though, there may be the potential for students to come to the games. He emphasized, "If you are able to come out and not be stuck in your dorm room anymore, we would love for the students to come out and support us." If they are allowed, fans will have plenty to look forward to, as Gabrielli and the Friars, motivated and talented as ever, are finally back.



PHOTO COURTESY OF PC ATHLETICS

Coach Gabrielli is aware of the challenges that this season will present, but is confident in his veteran team and their preparation. With eight of his 11 seniors returning from last year, leadership will be a key component of the upcoming season.

Selecting the NBA All-Star Starters Providence College Investigates: The NBA

The Eastern Conference

While the status of the actual NBA All-Star Game hangs in the balance due to the COVID-19 pandemic, the selection process must still go on. Five starters are chosen from each conference: two guards and three frontcourt players. From the East, the guards should be Bradley Beal and Jaylen Brown. Meanwhile, the frontcourt should feature Joel Embiid, Giannis Antetokounmpo, and Kevin Durant.

Even though Beal is the only player on this list who currently does not reside on a playoff team, his selection should be without question. Beal currently leads the NBA in scoring with a stunning 33.3 points per game. In his first 17 games, Beal scored at least 25 points in each one, passing Michael Jordan to set a new NBA record.

Brown, on the other hand, may be a more controversial selection, as some might prefer to choose either of the Brooklyn Nets star guards, Kyrie Irving or James Harden. While either would be a fair pick, Brown’s sensational season for the Boston Celtics is hard to ignore. The high-flying guard is currently averaging 26.4 points, an over six-point increase from last year. He has also mastered the mid-range shot, averaging an impressive 56.8 percent on mid-range jumpers.

Moving to the frontcourt, one must select Embiid. The dominant center is putting up MVP numbers, averaging 29.1 points and 10.8 rebounds to start the season. He has also propelled the Philadelphia 76ers to the top of the

Eastern Conference standings.

Right behind the 76ers is the Milwaukee Bucks, led by the astounding Antetokounmpo. The Greek Freak is putting up his usual impressive numbers, averaging 27.3 points and 11.2 rebounds. Although it took a little while for Antetokounmpo to adjust to the Bucks’ new offense, he has found his stride in recent weeks. A recent showing against the Indiana Pacers saw him notch his third triple-double on the season in the Bucks’ 20-point victory.

Finally, the last spot in the East’s starting lineup should go to Durant. Although Durant’s numbers are tremendous as usual, this was a difficult selection to make considering the season that Celtics’ star Jayson Tatum is having. In the end, it comes down to the numbers, as Durant holds about a two-point advantage in the points column while averaging about an assist more per game. Much should also be said about Durant’s remarkable return, as the star has picked up right where he left off despite missing all of last season due to a torn Achilles.

In a pandemic-ridden season, all five of the selected players have stood out as incredible performers. Beyond their potential selections to the All-Star team, each will continue to jockey with one another in a riveting battle for victory in the East.

-Cam Smith '21
Sports Co-Editor



The Western Conference

Over in the West, the selections are a little easier thanks to some remarkable numbers being put up by the Conference’s best. Indeed, in the West, the guards should be Stephen Curry and Damian Lillard. The towering trio in the frontcourt should be none other than Nikola Jokic, LeBron James, and Kawhi Leonard.

Curry came into the season trying to navigate a new-look Golden State Warriors roster that was thrown into turmoil after his superstar backcourt mate Klay Thompson tore his Achilles shortly before the start of the season. While the pieces around him have often struggled, Curry has thrown the team on his back. The prolific scorer has done what he does best: score. Curry is currently averaging 29.5 points per game, due in part to his impressive numbers from behind the three-point and free-throw lines. He also leads the league in total points with 709.

Curry’s proposed backcourt partner in the West, Lillard, has faced eerily similar circumstances. He, too, is currently operating without his star shooting guard, CJ McCollum, who fractured his left foot in January. And again, like Curry, Lillard has dragged the hobbled Portland Trail Blazers to the current six-seed in the West. He is putting up 29.1 points per game to go along with an impressive 7.3 assists per outing.

As for the frontcourt, it is impossible not to start with Denver Nuggets star center, Nikola Jokic. The Serbian superstar is the likely frontrunner for

MVP, averaging a near triple-double with 27.5 points, 11.5 rebounds, and 8.5 assists. He has had no shortage of remarkable outings. On Feb. 6, Jokic put up a casual 50 points, 12 assists, and eight rebounds in a loss to the Sacramento Kings. The next highest scorer on the Nuggets had 14.

The Los Angeles Lakers’ LeBron James, of course, is an inevitable selection. He holds the record for most consecutive games played with 16 All-Star appearances in a row, all 16 of them being starts. However, James is not simply making the team due to past performance. In his 18th season, the potential greatest player of all time is putting up 25.6 points per game, in addition to averaging eight rebounds and eight assists.

Finally, the last spot in the starting five goes to Kawhi Leonard. Perhaps the best two-way player in the league, Leonard has kept the Los Angeles Clippers near the top of the standings in the West, even as the team around him has battled injuries. He is averaging 26 points per game while also adding 1.8 steals per contest.

As in the East, each of these players will see much of one another in the future as they represent their teams in both the All-Star Game and in the NBA Western Conference playoffs.

-Cam Smith '21
Sports Co-Editor



Men’s, Women’s Soccer Eager to Begin Season

by Jack Belanger '21
Sports Co-Editor
PC SOCCER

After an extended offseason, the Providence College Men’s Soccer Team will finally open their season this Saturday at home versus in-state rival University of Rhode Island. Due to the postponement of fall sports, the last time the Friars played was over a year ago in the third round of the NCAA Division I Men’s Soccer Tournament, losing to Clemson University 2-1 in overtime.

It will be an interesting year for the Friars as they lost seven players from last season, five of whom were starters, including captain Joao Serrano '19 and grad-transfer goalkeeper Austin Aviza '20GS. This means Rimi Olatunji '22RS will start the season in net for the Friars.

Inexperience in the goal and on offense will be a big roadblock the team must overcome if it wants to have a successful season. Due to COVID-19 restrictions, the soccer team has had only about a week or two of full practices as an entire team and has played one intra-squad match. Olatunji has only made two appearances in the last two seasons, and the offense lost five of its seven top point scorers. Luckily for the Friars, Paulo Lima '22 was named to the Preseason All-Big East Team after leading the team in goals last season.

The strength of the team resides in their defense. Last season, the Friars averaged only one goal allowed per game as well as only 7.2 shots allowed. Ramzi Qawasmy '22 and recently named captain Malcolm Duncan '21 both started all 23 games last season on



McNulty '21 (left) and Lima '22 (right) each led their respective team in goals last season.

the backline, and will be tasked to be the anchors when things get chaotic.

In order to cut down on travel, the Big East broke into two divisions and shortened the season schedule. The six teams in the Northeast will make up the East Division, while the remaining five will comprise the Midwest Division.

After two local games against URI and Boston College, the Friars will face each team in the East Division twice, including the reigning national champion Georgetown University, who is the preseason favorite to win the East Division. The Friars are picked to finish second, which will make the matchups against the Hoyas especially exciting if the Friars find themselves on the edge of an NCAA tournament bid thanks to

a decrease in the number of tournament teams this year.

The Providence College Women’s Soccer Team is also looking to build on their 2019 season when they snuck into the Big East Tournament as a sixth seed and upset the third seed Butler University in the first round. Hannah McNulty '21 scored the game-tying goal in the 82nd minute, and the Friars were able to win the game in a shootout after two overtimes.

Similar to the men’s league, the Big East will be split into two divisions in which the Friars are predicted to finish third in the East, though they did receive a first place vote, indicating that coaches are taking the team seriously.

McNulty will once again be the

focus of every opponent’s defense. She has scored 19 goals over the past two seasons and was a unanimous selection on the Preseason All-Big East Team this year.

While the team needs McNulty to be at her best in order to have a chance to win, they also need to find secondary options when teams put extra pressure on her. Elayna Grillakis '22 was the only other player on the team to score more than one goal. Thankfully, the Friars will return with every player who scored last season, which means they will need less time to build team chemistry on the offensive side of the field.

A big question for this team is who will replace standout goalkeeper Shelby Hogan '21RS, who decided to go into the professional league. The team currently has three goalkeepers on the roster, with Caroline Drinkwater '22 as the only one that has any game experience for the Friars.

This team will face some challenges as they welcome 10 new players, including eight freshmen and two sophomore transfers.

The women will also begin their season this weekend hosting URI on Sunday before hosting another in-state rival Bryant University a week later.

While both teams will share the challenge of opening their season in the midst of winter, there is a lot of excitement around the College’s two soccer teams. Just being back on the field is a relief for the players and coaches, but there is still work to be done. Both teams are hungry after a long break and after each had an incredible finish to their 2019 seasons.

A Look Around Friartown

Men’s Basketball:

- 2/3 vs. Seton Hall University, loss 43-60
- 2/6 vs. St. John’s University, loss 81-92
- 2/10 vs. University of Connecticut, win 70-59

Upcoming:

- 2/13 at DePaul University
- 2/16 at University of Connecticut
- 2/24 vs Xavier University

Women’s Basketball:

- 2/6 at Georgetown University, Postponed
- 2/8 vs. Villanova University, Postponed
- 2/10 at Creighton University, win 60-48

Upcoming:

- 2/13 vs. Marquette University
- 2/20 at Seton Hall University
- 2/21 at St. John’s University

Men’s Ice Hockey:

- 1/31 vs. University of New Hampshire, win 3-2
- 2/6 at Merrimack College, win 5-1
- 2/7 vs. Merrimack College, loss 2-3

Upcoming:

- 2/12 vs. University of Connecticut
- 2/13 at University of Connecticut

Women’s Ice Hockey:

- 1/23 vs. Northeastern University, loss 0-5
- 2/5 at University of New Hampshire, loss 0-1
- 2/5 vs. University of New Hampshire won 5-4

Upcoming:

- 2/12 at Boston College
- 2/13 vs. Boston College



Watson Joins Legendary Company

by Scott Jarosz ’21
Sports Staff

MEN’S BASKETBALL

Nate Watson ’21 played his first official game with the Providence College Men’s Basketball Team on Nov. 10, 2017. On this day, PC squared off with Houston Baptist University at Alumni Hall. Despite being a freshman at the time, Watson showed no signs of nervousness and made his presence known from the start, shooting four of five from the field while registering nine points and grabbing six rebounds.

Now, in his final year at PC, Watson’s growth and development as a player is on full display. Also, fittingly enough, PC’s home court for the 2020-2021 season is Alumni Hall, where Watson made his official debut in a PC uniform. Although he may be playing on the same court where he played his first game as a Friar, Watson is a much different player now. His confidence and strength on the court is unmatched, and he has established himself as one of the most dominant centers in not only the Big East Conference, but also in the entire nation.

So far this season, Watson has averaged 17.2 points per game and 6.8 rebounds per game. His average of 17.2 points per game is good enough to place him fifth amongst all scorers in the Big East this season. Watson is also scoring efficiently, posting a field goal percentage of 61 percent this season, placing him second in field goal percentage among Big East players. In addition to these impressive averages, Watson also joined the 1,000-point club this season on Dec. 20, 2020 in PC’s game against Seton Hall University. On top of that, on Jan. 20, Watson scored 29 points against Creighton University, which marks his career-high single-game point total.

Watson’s efforts have not gone unnoticed, as the fourth-year player has been named one of 10 finalists for the Kareem Abdul-Jabbar Center of the Year Award. As the name suggests, this award is given to the best center in college basketball every season. Kareem Abdul-Jabbar was a standout center at the University of California, Los Angeles, where he led his team to three consecutive National Championship victories from 1967-1969.

Watson’s appearance on the list is rather fitting, as Abdul-Jabbar will be the keynote speaker at PC’s fourth annual Rev. Dr. Martin Luther King, Jr. Convocation on Feb. 11 at 7 p.m.

During his time at UCLA, Abdul-Jabbar was recognized as the National College Player of the Year in both 1967 and 1969. He would then go on to have one of the most successful careers in NBA history. In the NBA, Abdul-Jabbar was a 19-time All-Star, six-time Most Valuable Player, and six-time NBA Champion. He also holds the NBA all-time scoring record. Many consider him to be one of the greatest basketball players ever.

Given Abdul-Jabbar’s tremendous accomplishments in the basketball world, it is quite the accomplishment for Watson to be named a finalist for the Kareem Abdul-Jabbar Center of the Year Award. However, Abdul-Jabbar’s impact goes far beyond basketball. At a young age, he was passionate about racial and social justice. Abdul-Jabbar grew up in Harlem and joined the Harlem Youth Action Project in his final year of high



PHOTO COURTESY OF PC ATHLETICS

Watson, averaging 17.2 points, has been named a finalist for the Kareem Abdul-Jabbar Center of the Year Award.

school. The project’s purpose was to educate Black youth and prepare them for the future.

Additionally, Abdul-Jabbar served as a journalist for HYAP, covering a variety of events held by the organization. His activism did not stop there. After completing high school, Abdul-Jabbar arrived at UCLA not only to play basketball, but also to fight for justice. During his time there, Abdul-Jabbar headed movements to promote better treatment of Black athletes and Black students on campus. Abdul-Jabbar’s strength and leadership started to catch people’s attention as he fought for the causes he believed in.

Despite knowing that his activism could have negative consequences, Abdul-Jabbar continued to be outspoken on the topic of racial justice throughout his professional career. He has also remained active throughout his retirement. “I know it came at a price,” Abdul-Jabbar said of his outspoken nature, “but being able to have an identity that is in harmony with who I am, what my ancestry is about and what my moral and political feelings are, that was the most important thing.” He continued, “That’s one of the wonderful things about life in America. We can all define ourselves and have the freedom to speak our minds and pursue the things that make us feel whole and make us feel useful.”

Indeed, Abdul-Jabbar is not only one of the greatest basketball players of all time, but also one of the most impactful activists of his time. Watson being named a finalist for Abdul-Jabbar’s award is a huge achievement in itself, and one made even more impactful by both Abdul Jabbar’s on-the-court and off-the-court legacy.

The two will be further connected on Feb. 11 when Abdul-Jabbar speaks to the PC student body. One of Watson’s teammates, David Duke ’22, will be a moderator at the event. All students and members of the PC community are encouraged to register and attend the event via Zoom.



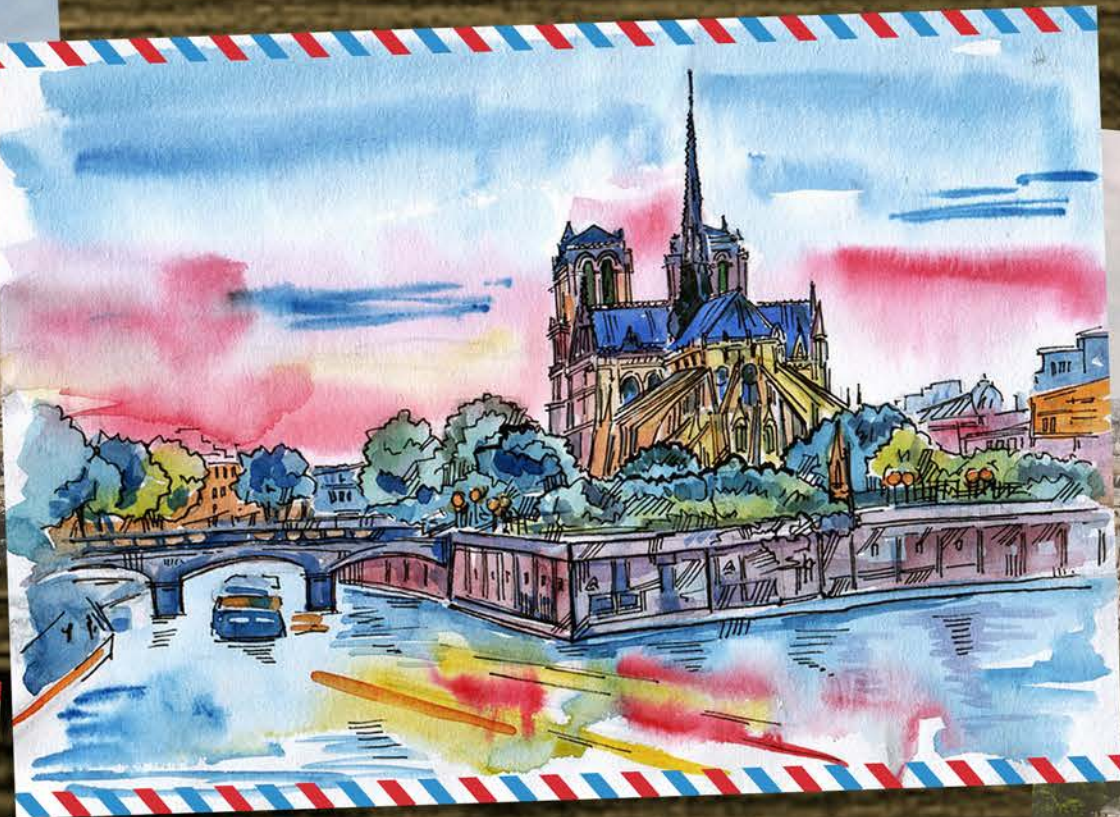
PHOTO COURTESY OF ROLLINS COLLEGE

Abdul-Jabbar will be the keynote speaker at PC’s fourth annual Rev. Dr. Martin Luther King, Jr. Convocation. As an athlete and an activist, Abdul-Jabbar has set the bar high for players like Watson.

Happy
Valentine's
Day



To: PROVIDENCE
COLLEGE
Love: PORTFOLIO



Just arrived in Paris, and
we understand why it's
called the city of love; it's too
romantic for words. We
strolled across the Seine at
night and enjoyed a candlelit
dinner-what a way to
celebrate our marriage!

To: Future Us
Love: Current Us





When Least Expected



by Taylor Rogers '24
Portfolio Staff

FICTION

Cupid’s thin, heart-tipped arrow strikes my skin at approximately 10:00 a.m., attacking me while I was suffering through yet another pointless Zoom call. The sneaky little bastard hit me when I was most vulnerable, as he knew I could not defeat him in my lethargic state. Lazily, my blood falls from the wound on my forearm, staining the precious notes and drawings scattered in my notebook. Thankfully, my fellow classmates and professor are unable to see my distress, nor hear my animalistic cries as I pull the stubborn god’s arrow out of my flesh. Once the arrow is laid on my desk, I find myself drawn to the object, its white coloration one that reassures me that yes, Cupid was the one who shot me, not my roommate who’s been reading *The Hunger Games* a little too much lately. This sacred arrow has an intricate scrawl lazily written along its base, the Latin impossible for me to understand. Thankfully, Google Translate exists, and I type the words into the search engine, eyes widening at the words’ meaning. “Love will come when unexpected?” I ask myself, too stubborn to attempt to comprehend this confusing meaning.

The words from the “divine” creature stick in my mind all day, causing me to ponder whether my potential soulmate is currently watching me while I walk around my campus, the snow below my feet making this task difficult to accomplish. His words plague my inner thoughts as I do my laundry, and I can’t help but glance around the empty laundry room, hoping my lover is here at the same time I am. I peek around every corner whenever I walk, hoping to see a pair of eyes that will make butterflies burst from my stomach or a smile that forces gibberish to fall from my chapped lips. As I diligently stare at the words on the paper, I can’t help but glance up from my notes, wondering if my soulmate opted to study in the nearly desolate library as well.

“What’d you do to your arm?” my roommate inquires as I enter our shared space, their indie music blasting from the tiny blue speaker neither of us could fathom living without.

“Got shot by Cupid’s arrow,” I bluntly respond, my words causing them to laugh. I take a seat in my precious blue bean bag, then gesture for my roommate to talk, since they most definitely have something to say about my “joke.”

“What are you, stuck in your Roman mythology phase again? That stuff doesn’t happen in real life,” the stubborn human elects to respond, and I decide not to press him on the whole “soulmate” concept that’s been playing tennis with the other thoughts invading my mind all day.

“Neither do zombie apocalypses, yet that doesn’t stop you from keeping an apocalypse survival kit stashed under your bed,” I point out, causing them to go silent. They select a new song to listen to. Eerily calm music streams through our plant-filled habitation while we begin slowly reviewing homework for the Zoom classes (for which we happen to pay \$60,000). Silence fills the room, then my easily distracted roommate points to something on my desk. “Someone left that for you, by the way.” Curious, I rise from the beanbag, and walk over to the desk, immediately grabbing the small note. The complex calligraphy on this scroll is instantly recognizable, and I grin at the words written. Is this what Cupid meant by unexpected? “I’m gonna go talk to the person who left this for me, I’ll be back,” I assure my roommate, who

seems to be too focused on the newest episode of *The Walking Dead* to pay attention to me. In seconds, I have made it to the elevator, ready to meet the person I’m destined to love forever.

“Shoot, maybe I just got Rick-rolled,” I realize as the song “Never Gonna Give You Up” blasts from somebody’s dorm room above me. Despite what the note claimed, not a single person is under the biggest oak tree on campus, nor are there any hints of a person in a giant, red hoodie. “I knew this was too good to be true. I guess I was expecting the person to actually show up, which went against what my arrow said anyways,” I say aloud, not caring if anybody spots me talking to myself. As I stand outside, Mother Nature playfully opens the clouds above me, small droplets of snow beginning to litter the ground around me. Cursing, I decide that today isn’t the day I want to get hypothermia, and I begin the brief walk back to my dorm. Each step feels wrong, as if Cupid’s bow is using me as an arrow, slowly drawing me back to the tree where nobody awaits me. However, I resist the tree’s strange pull, my efforts to get away causing me to bump into somebody.

I expect the heavens to halt, for the snow to suddenly stop falling, but nothing happens. Why did I think the person I collided into was going to be my soulmate? “Sorry,”

I curtly say to the person, making eye

contact with them briefly. Nothing happens, and I quickly look away from the person, who nods before continuing on their journey. I do the same, still wondering when Cupid’s going to magically work his magic and show me who I’m meant to be with for the rest of my life. The snow around me continues to fall, seeping into my blue, oversized hoodie that adorns my small frame. Yet, for the first time in a while, the cold air doesn’t wrap around me like a blanket. Instead, the snow seems to warm my cool figure, and I glance up at the calm, gray sky above me. As if giving me a thumbs-up of approval, the clouds stop sending snow at me for a second, then continues its merciless storm yet again.

Instead of returning to my dorm, I decide to wander around my campus, the divine above granting me warmth as I rediscover the school I fell in love with the first time I toured it. Snow artfully falls onto the buildings, dancing to its own music as I begin to do a dance of my own, skipping on the sidewalk and admiring the “gloomy” day nature has presented to me. The blue fades to black as my day goes away, and the rainbow of LED lights streaming from dorm windows begins to light my way down the twist and turns of the sidewalk, making me wonder if my soulmate truly is a person. With a smile on my face, I decide to slowly head back to my dorm, not wanting to leave the comforting embrace of the world around me. Snow joins me on the walk down the path, and I know this won’t be the last time I fall in love with Earth’s wonderful gifts. I find myself cured of the soulmate dilemma that threatened to destroy me earlier.

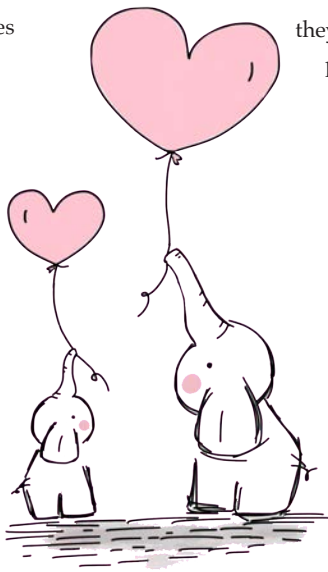


Love is All Around Us

by Anna Pomeroy '23
Portfolio Staff

FICTION

Valentine's Day is kind of an odd day. You see, it's hard to celebrate a day of being in love when you aren't with anyone. And while the constant reminders of sappy love notes scrawled across cards and rose petals fallen behind the path of lovebirds walking becomes excessive, I can't help but acknowledge the true meaning behind this holiday. It's not about admitting that you are in love, but that you have the experience of love within and around your own being. Just because I am not currently with someone does not mean that I do not recognize love. I love my family, my friends—more specifically my friends' smiles, their ability to belt out songs together in the car without judgement, their warm hugs, and how I can just give them a look across the room and we'll burst out laughing. In terms of my family, their love shines down on me through their reassuring words. Moreover, I'll always remember



the small gestures. Like how my parents would always show up to every game of mine when I was a child—even my grandparents would somehow make it—and when they'd sit through the two-hour long dance recitals in which I was only present for a single number. These qualities stand as reminders that Valentine's Day is not about who you are in love with, but how you express your love and experience it throughout life. Even without a significant other on this special day, the stars will still shine at night and the flowers will still bloom. The natural beauties of life will continue. Let's not allow this day to define how someone can celebrate love entirely.

PHOTOS COURESTY OF PIXABAY.COM

TWIN FLAMES

by Mariela Flores '23
Portfolio Staff

FICTION

You are not the other half of me.
You are not a better half of me.
You are not a nicer half of me.
You are not a half.

Love, you are the roots of old pine.
Love, you are a perfect cadence.
Love, you are the spine of my favorite books.
Love, you are the streaks of light that blind me while I drive.
Love, you are the color green.

How lucky are we, to coexist at the same time, in the same place, in the same life?
How lucky are we to have met each other, lost each other, and found each other again?

As we grow and move through this timeline I hope just one thing,
you will find me again, wherever we might begin.

As two wholes, two flames,
you & I.

PHOTOS COURESTY OF PIXABAY.COM AND PEXELS.COM

Lightning Love stories



"He loves me, he loves me not..." the six-year-old girl said as she plucked the petals from the single rose she received from the boy standing in front of her.

by Anna Pomeroy '23
Portfolio Staff

John Donne, the man I loved and bit, will go down in history—and I, only as the vehicle for a metaphorical marriage between him and another. And yet—and yet—I contain more multitudes than the blood cells of two lovesick goops—love bites, indeed, but so do fleas.

by Fiona Clarke '23
Portfolio Staff

He rested his hand gently on her back, his thumb rubbing the silk on her dress as he looked into her dark blue eyes. He slowly lifted her face to meet his as he touched her soft lips, feeling calm and terrified all at once.

by Grace O'Connor '22
Portfolio Staff

What started as a joke grew into endless joy. It was love at first laugh.

by Sarah Heavren '21
Portfolio Staff

She was a girlboss millennial, he was a Republican. Can I make it any more obvious?

by Ellie Forster '24
Asst. Portfolio Editor

by Kate Ward '23
Portfolio Staff



He put down his pen, hand trembling from the writing and rewriting of words he couldn't find to describe her. Placing a hand over his heart, he was finally able to find the words, hidden deep within his love.

by Kate Ward '23
Portfolio Staff

PHOTOS COURESTY OF PIXABAY.COM

FIRST PLACE

by Sam Ward '21
Portfolio Staff

POETRY



Love is strange, strangers turn
To best friends and back again
When the feeling is less intense.

Still, you left a mark on my heart
Like an indent, and we typed the keys
That codified the sequence.

“The sun still sets in paradise”

Even butchered Maroon 5 lines
Reflect memories of moonlit eyes.
Tell me why, tell me why.

Finally home but feeling withdrawn,
Take my hand, lead me too far.
Where has it gone? Where has it—

They had me living in a pit
I have one lofty wish:
Fix this glitch, fix this glitch.

One day an eternity,
From two to three, all for just five,
That I wish you’d spend with me.

Opened like a locked box,
Trifled for my jewels,
I gave it all away, I’d give it all away.

This heart heals quickly,
The brain feels forever.
Conditioned to take it with me,
Where there’s always never.

Sabotaged to start with,
Finish line or just quit,
Ego death or panic,
I am losing and I’m in first place.

PHOTOS COURTESY OF PEXELS.COM

For Better, For Worse

by Ellie Forster '24
Asst. Portfolio Editor

FICTION

Margaret never liked when people made a fuss about her anniversary. Harold had been gone for almost a year now, and they hadn’t been a festive pair when he was alive. To act like that day was any different now just seemed silly. All she wanted was for Tim and June to come over, to have lunch like they always did, and be alone. It was just a Wednesday. That was all. Old friends would call, and she’d let the phone ring. Didn’t need reminders of a day fifty years ago, a day that no one else even understood. Only the ones who stood up on that altar could understand. Them, and them alone.

June and Tim rang the bell at 1:15, same as they always did. They let themselves in, and Tim went to the bathroom. June stood in the kitchen, the light surrounding her, touching her figure so gently it was like it was afraid of her. She wore a blue button-down tucked into an old pair of jeans. Her hair curled softly, and she had a yellow bandana holding it back. She turned to see Margaret standing there, a dish towel in her hand. The old friends smiled at each other, and when Margaret walked over, June took her hand and squeezed it.

The two couples had been best friends for 60 years, since middle school. They were each other’s best men and maids of honor. They bought houses on the same street, and the houses were one another’s. So much of the furniture in Margaret’s house had been picked out by Tim, they had just given him his own room to decorate. That parlor was the best room in the house, everyone agreed. Neither couple had ever had children, and nothing else could’ve possibly severed the bond they shared. They were inseparable.

June and Margaret sat in the parlor when Tim came in. He sank into a chair and smiled.

“I miss him.”
The women smiled and each took one of Tim’s hands.

“So do I,” said Margaret quietly.

Tim’s eyes shone, and his chest rose. “He’d be so embarrassed of me right now. He’d hate this.”

“Well, he’d definitely have some remark, I’m sure we can all agree about that,” June said with a laugh. Margaret looked at her, and her face flushed still, the same it had when they were kids. That laugh shattered her chest into a million pieces and offered her heart up, praying it

would be taken.

Tim wiped his face and smiled. “That he would.” Then the old man took an envelope out of his jacket pocket and slid it across the table.

The women looked at it and saw the letter M written in elegant script.

Margaret looked up at Tim. “No.”

“It’s from him.”
Her heart sank. “For me?”
“Yes.”

She sighed. She lightly took the letter and a knife from the table. She took out the small piece of paper and saw seven words in a familiar, soft handwriting.

Margaret,
I can’t thank you enough.

H
Margaret felt the tears come, and she felt her friends come to her side, Tim’s hand on her back as he, too, wept, and June pulling Margaret’s head to her chest, running her hands through her hair.

Fifty years earlier, four people stood on an altar as Harold and Margaret held hands. They said the words the priest told them to, and they were pronounced man and wife. Behind her new husband, Margaret saw Tim smile, and

Harold turned to him as the crowd cheered. The men met eyes and grinned. Harold grabbed Tim’s hand and turned to face his wife. A hand squeezed Margaret’s shoulder from behind her, and Margaret turned to see June standing there, the sun intimidated by her glow. She hugged her, and as June laughed, she felt her chest burst. As they left one another’s embrace, Margaret kept June’s hand in hers. Then the happy couple shared a kiss.



PHOTOS COURTESY OF PEXELS.COM

This October Beach

by **Marelle Hipolito '22**
Portfolio Staff

POETRY



Tuck my hair behind my ear, just one more time
Before we leave this October beach behind
Let's look for one more shooting star
Before you go and break my heart
Take a hundred pictures of me in front of a blue sky
Before you drop another goodbye
Tell me you love me, just one more time
Before we leave this October beach behind

Skip a few rocks, just one more time
Before we leave this October beach behind
Write me a letter, with a Valentine's rhyme
Before signing it "this is goodbye"
Call me up in the middle of the night
Confess you miss me, that you're not alright
Send me a playlist, make it John Mayer
Then text me "listen to it all," then call me later
Become my world and flood my life
Before we leave this October beach behind

PHOTO COURESTY OF PIXABAY.COM

JAMESTOWN, VA

by **Angie Nguyen '22**
Guest Portfolio Writer

PROSE POETRY

falling in love with someone you shouldn't is like an ending is written before the beginning. you don't listen to the bells, warning you of the heartbreak and the tears and the way the sparkle in his eyes dulls eventually because you're so enraptured by the i-love-you's and the morning kisses and the midnight adventures in his foreign car (a toyota is still foreign to me). we were only running on borrowed time.

how could i be selfish enough to lay claim on your eyes and their haunting depth—the way they changed with your moods. i never realized dark, brown eyes could hold so much feeling until i looked into yours. how could i think that a piece of your heart was reserved for me? that heart is as wild as a stallion, and i thought i'd harnessed you, put you into my stable. how could i even begin to think that laugh was meant for me and only me? you share your joy so effortlessly—i even envy you at times.

i know you said you were mine but that's like trying to claim the oceans and its waves, the forest and its wolves. the way you move, the way you carry yourself, the way you think—it was never mine, always yours.

i always thought love meant surrender.
but i'm so tired of trying to make myself a home in your amazon. i don't want to be a colonizer of your lands. i cannot confuse breaking you with appreciating you.

but when you tell me you love me, when you kiss me and hold me, for a split second, in this wild world, you are mine.

PHOTO COURTESY OF WIKIMEDIA.ORG AND GRAPHIC DESIGN BY SARAH MCLAUGHLIN '23

Portfolio's Dating Profiles

Committed Carl

I used to root for the Knicks, but now I'm ready to settle down and get that ring.

The Least Talented Person You'll Ever Meet

Do you like bad girls? 'Cause I'm bad at everything :)

Lovesick

I love waking up every morning to the FriarAlert Daily Screening emails, but I'd rather wake up to you ;)

Ray the Romantic

Looking for someone to fill my lonely nights now that Dot is gone.

Duncan

I love iced coffee, all things pink and orange, and whipped cream. Hit me up if you like your coffee tall, dark, and sweet ;)

The Swab Master

Consistently testing negative but I have a positive attitude and a dog. I'm also tall, if that helps.

24 Self-administered COVID Tests

Real good with a Q-tip.

Just a Widow, Baby

Big nose, bigger heart. I like my men the way I like my beer: cold, bitter, and headless.

2 Good 4 You

Basic girl looking for a basic guy. Gotta be able to play catch, so I can catch these feelings for you.

PizzaLover14

Looking for someone who can keep up with my craziness and who can eat a whole pizza with me.

Nighthawk

Looking for someone to recite lines from *Step Brothers* with me.

Bachelor with a Considerable Means and Estate

Ardently searching for a woman who is tolerable but not handsome enough to tempt me.

Wannabe Poet in Need of Content

If this doesn't go well, I will probably write a poem about you.



Touch-Starved *

by Future Cat Lady '21
Portfolio Staff

SATIRE

It has been 257 days since I last felt the touch of another human being. I am not sure how much longer I can withstand this. My army of Pillow Pets that I sleep next to every night no longer brings me joy, but is a constant reminder of my ever-increasing loneliness.

Yesterday, I watched *Pride and Prejudice* and nearly sobbed at the scene in which Mr. Darcy helps Elizabeth out of the carriage. I was so affected by their brief touch that I watched HandHoldHub for four hours straight. Oh, how I yearn to grasp another's hand, feel the

grooves of their fingertips, the pulse lightly beating in their thumb! I was haunted by images of hand-holding throughout the night, and I could have sworn that when I awoke, I felt the



PHOTOS COURTESY OF PIXABAY.COM

comforting presence of a hand in mine. Alas, it was my bumble bee Pillow Pet.

Next week I have my annual checkup, and I am counting down the moments to it. I keep picturing the cold stethoscope next to my chest. My heart palpitates at the very thought. I wonder if my doctor has been feeling the same way, or if I will need to disguise my trembling.

Maybe I should get a cat.

Listomania*

Reasons You Will Not Have a Second Date:

- Didn't show up
- Brought your mom as a chaperone
- Talked about your 12 cats
- Mentioned the spider that whispers sweet nothings into your ear
- Confessed your love for Father Shanley
- Knew too much personal information
- Asked for their banner ID instead of their phone number
- Communicated solely via PC Mobile
- Thought they resembled Mitch McConnell
- Said they smell like your mom
- Brought your date home to your Lightning McQueen race car bed
- Ordered off the kid's menu
- Dined and dashed
- Ordered chocolate milk at the bar
- Brought your guitar (and already wrote a song about them)
- Said "I love you"
- Asked them to be your entree à la Armie Hammer

Tiffany & Earl

Making PC an emotionally stable place one letter at a time

Dear Tiff and Earl,

It's me again. Turns out we're both positive—positively lovesick. We're quarantined in the Marriott together, and his room is right beside mine. The walls are paper-thin. Tensions are growing (and so is my COVID sample). Should I learn Morse code to communicate my desires?

Sincerely,

Caught Feelings (and COVID)

Dear Catchy Feely,

Just remember that you're feverish for reasons other than your feelings for this guy. If you want to try learning Morse code, then go for it, but there might be slightly less cryptic ways of going about it. If the walls are paper thin, you might as well go all in and have a full-on conversation. Keep it light and play on the fact that you're sharing a common experience. If you profess your love too soon, you could risk scaring the COVID out of him and lose him to the outside world. Use your time in isolation to plan carefully. Maybe even recite some *Romeo and Juliet* "for Civ" if you're feeling daring.

Avoiding contactly,

Tiff

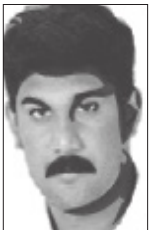


Dear Caught Feelings,

Happy to hear things are progressing between you two! While Morse code may sound romantic, I recommend literally not even talking to him. He's not worth it, queen. Rest up, eat the Sodexo food, stay COVID-free, and get back to campus as soon as you can. Happy Valentine's Day!

Definitely not hurt beforably,

Earl



*Listomania, Friartire, and Tiffany & Earl are satirical pieces that do not reflect the views of Providence College or The Cowl.

